

Mediterranean Chicken Kebab

Winter, summer or autumn, any time of the day, highly intoxicated or sober as a judge there is never a bad time for a good kebab. Although if you are intoxicated stay out of the kitchen you don't want the Fire Brigade knocking on your door.

I love all types of kebabs from lamb, pork, Indian style, Turkish style give me any of them but this Mediterranean chicken kebab has to be my favourite. Smoky and spicy chicken sat proudly on a throne of salad with a beautiful flatbread .

If like me you love a kebab make sure you give this recipe a go.



Serves: 5

Prep Time: 10 minutes

Rest/Marinate Time: 1 hour

Cooking Time: 10 minutes

Ingredients

- 4 chicken breast, cut in half then cut into chunks.
- 2 tbsps of dried oregano.
- 1 lemon, juice only.
- 1 lime, juice only.
- 3 garlic cloves, crushed to paste.
- Chilli flakes, to taste.
- 1 heaped tablespoon of smoked paprika.
- 2 tbsps of red wine vinegar.
- 5 tbsps of extra-virgin olive oil.

Method

- Place all the ingredients apart from the chicken and lime juice into a large bowl along with a good pinch of salt and pepper and mix well. Add the chicken and combined together. Cover and leave to marinate for 1 hour or for as long as possible.
- Preheat the grill to the highest setting and while that heats up pop the chicken onto skewers, if you are using wooden ones make sure you soak them in water first for 10 minutes. Cook for around 10 minutes, turning frequently. Alternatively, you can cook them in a hot pan, but obviously without the skewers; and they get really nice and charged. Once the chicken is done squeezes the lime juice all over.
- Once done pop on top of some flatbread loaded with salad and your favourite condiments and I like to add some fresh mint leaves.