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by Liz Robb

Chicken Souvlaki



Ingredients

2 chicken breasts

2 tablespoons of olive oil

1 shallot

1 fat clove of garlic

A sprig of fresh oregano

A few sprigs of thyme

A quarter teaspoon of hot paprika*

Salt and black pepper

For the tzatziki:

A quarter of a cucumber

A clove of garlic

A few sprigs of fresh mint

3-4 tablespoons of thick Greek yoghurt

1 tablespoon of olive oil

Half a lemon

For the salad:

2 red and 2 yellow heritage tomatoes

A piece of cucumber

Half a small red onion

Half a lemon

A tablespoon of olive oil

A sprig of basil

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Servings

2

Person

Preparation

- 1 For the souvlaki, remove the skin from the chicken breasts and cut into large chunks ready to marinate.

- 2 For the marinade, mix together 2 tablespoons of olive oil, a clove of garlic, peeled and crushed, 1 shallot, peeled and finely chopped, oregano and thyme leaves and a quarter teaspoon of hot paprika, Season with salt and black pepper.
- 3 Marinate the chicken for 2-3 hours in the fridge; taking it out of the fridge about half an hour before cooking. Soak 4 wooden skewers in cold water.
- 4 For the tzatziki, peel, deseed and finely chop the cucumber, finely chop the garlic and the mint leaves. Mix with 3-4 heaped tablespoons of thick Greek yoghurt, a tablespoon of olive oil and 2 tablespoons of lemon juice. Add a pinch of salt and chill
- 5 For the salad, finely slice the tomatoes and cucumber and overlap on a plate. Finely slice the red onion and scatter in the centre. Dress with a mixture of a tablespoon of lemon juice and a tablespoon of olive oil, seasoned, and garnish with basil.
- 6 Thread the marinated chicken onto the soaked skewers. Grill them for 10-15 minutes, depending on the size of the chicken pieces, or until cooked through and browned, on a lightly oiled griddle pan or barbecue, turning them as you cook.

Cooks Note

This delicious Greek inspired dish of juicy marinated chicken skewers with tzatziki and a fresh salad of heritage tomatoes, cucumber and red onion is a great simple summer meal.

* I used hot Hungarian paprika; if you use a milder one you may need half a teaspoon instead.
