

Chicken Shish Tawook Skewers

with Hummus and Arabic Salad

hellóchef

Get ready for some juicy chicken skewers!

Cals 669 • Prot 53 • Carbs 53 • Fat 30

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🕒 cook: 30 min

R2607



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Shish tawook	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Bamboo skewers	6	8	12	Piece
Natural yogurt 4*	170	170	340	Grams
Tomato paste	30	50	70	Grams
Lemon	1	1	2	Piece
Dried oregano	2	2	4	Grams
Chilli powder	2	2	4	Grams
Coriander cumin powder	4	4	8	Grams
Smoked paprika powder	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Red pepper	1	2	2	Piece
Vegetable oil	1	1	2	Tbsp
Salad & dressing				
Olive oil	2	3	4	Tbsp
Pomegranate molasses	20	30	40	Grams
Sumac	4	4	8	Grams
Salt	0.5	0.5	1	Tsp
Romaine lettuce	200	300	400	Grams
Cucumber	1	2	2	Piece
Cherry tomatoes	150	250	300	Grams
Fresh parsley	15	15	15	Grams
To serve				
Hummus 3*	200	400	400	Grams

Allergens

*4 Milk, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2801 / 669
Fat (g)	29.7
of which saturates (g)	3.5
Carbohydrate (g)	53
of which sugars (g)	19.9
Fiber (g)	16.4
Protein (g)	53
Salt (g)	1.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Marinate chicken

Preheat the oven to 220°C/200°C grill. Soak the **bamboo skewers** in water. Chop the **chicken** into bite-sized pieces. In a bowl, combine the **yogurt, tomato paste, {1/1.5/2} Tbsp of lemon juice, dried oregano, chilli (spicy!), coriander cumin powder, smoked paprika, salt and black pepper**. Add the **chicken** and mix until coated. Set aside.

Tip! Marinate the chicken for up to 24 hours in advance.



2 Assemble skewers

Deseed and roughly chop the **peppers**. Thread the marinated **chicken** and the **peppers** onto the **bamboo skewers**. Make sure to alternate between the **peppers** and **chicken**. Transfer the **chicken skewers** to a baking tray with a drizzle of **oil**.



3 Grill skewers

Grill the **chicken skewers** for 10-12 min or until browned and cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat – if the juices run clear, it's ready!



4 Make dressing

Meanwhile, in a small bowl, whisk together the **olive oil, pomegranate molasses, sumac, salt** and a squeeze of **lemon**.



5 Prep salad

Roughly chop the **romaine lettuce**. Chop the **cucumbers** into half moons. Halve the **cherry tomatoes**. Finely chop the **parsley** leaves.



6 Serve

Add the **romaine lettuce, cucumber, cherry tomatoes** and **parsley** to the **dressing**. Serve the **chicken skewers** with the **hummus** and the **salad** to the side.

Tip! Dress your salad just before serving, otherwise it will go soggy!