



Shish Taouk

Ingredients

- 2 tbsp Lemon juice
- 1 tbsp Low fat yoghurt
- 1 tbsp Tomato Paste
- 3 Cloves Garlic, finely chopped
- 2 cubes MAGGI® Chicken Bouillon Less Salt
- 6 pieces Skinned chicken breast fillet, cut into cubes
- 1 tbsp Olive oil
- 1 large Green bell pepper, chopped
- 12 pieces bamboo skewers, soaked in water for 30 mins

Instruction

1. In a mixing bowl, mix lemon juice, yogurt, tomato paste and garlic, and crumble MAGGI® Chicken Bouillon Less Salt over the mixture.
2. Add the chicken pieces and drizzle olive oil on top. Cover and allow to rest in the fridge for 10-15 mins for the chicken to absorb the marinade.
3. Carefully thread the chicken pieces on to the bamboo skewers, and alternate every two pieces of chicken with a piece of red bell pepper.
4. Grill shish taouk on all sides in a preheated oven or on an open fire until the chicken is fully cooked and golden, for around 8-10 mins. Serve with green salad and Arabic bread.

Nutrition

Carbohydrates	3.84 g
Energy	330.96 kcal
Fats	9.21 g
Protein	58.98 g

🕒 25 Minutes

⊕ 6 Servings