

OVERALL time: 100 mins

MEDITERRANEAN CHICKEN SKEWERS

These plump, juicy chicken skewers are packed with the flavours of the Mediterranean ... Olive oil, garlic, lemon and loads of herby punch care of our incredibly versatile **Cape Herb & Spice Mediterranean Roasts Rub**.

Metric

Number of servings : 4

ingredients

Marinade

- 15 ml **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 75 ml olive oil
- 1 finely grated lemon zest
- 0.5 lemon juice
- 15 ml fresh parsley

For the skewers

- 600 g chicken thighs, deboned
- 2 sliced red onions
- 2 sliced green peppers

To serve

- lettuce
- cherry tomatoes
- olives
- crumbled feta
- toasted flatbreads
- full cream plain yoghurt with a generous sprinkling of Cape Herb & Spice Mediterranean Roasts Rub
- lemon wedges

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 75 mins | COOKING TIME: 25 mins

Mix together all of the marinade ingredients. Place the chicken thighs in a large bowl and add the marinade. Toss to ensure everything is thoroughly coated. Allow the chicken to marinate for an hour. Then thread the chicken thighs onto skewers along with chunks of green pepper and red onion.

(Cook's note: if you are using metal skewers, oil the skewers before you thread the chicken on. This will make it much easier to slip the cooked chicken off. If you are using wooden skewers, soak them in water for 15 minutes before using to prevent them burning.)

Once you've assembled the skewers, paint them with the left over marinade. Braai the skewers until done. If preferred, place them on a baking sheet in your oven under a hot grill, turning frequently. Give them a final light dusting of our **Cape Herb and Spice Mediterranean Roasts Rub** and serve right away.

Lizet Hartley Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

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