



Spiced Chicken & Mixed Pepper Kebab

Whoever invented the idea of simply marinated meat, threaded onto skewers and grilled over fire was a genius; this simple recipe is a must as the BBQ season approaches. These chicken kebabs are actually quite easy to make, and the marinate process takes just an hour or less if you are in a hurry.

Ground cumin is the secret spice used in these chicken kebabs and it imparts an exotic aroma plus unique flavour into the meat, and the mixed peppers help refresh your palate after each bite of the chicken kebab.

Ingredients.

Chicken Kebab Recipe - Makes 4 skewers

- 2 skinless and boneless chicken breast (about 12 oz.)
- 1 green pepper (cut into big cubes)
- 1 yellow pepper (cut into big cubes)
- Marinate:
- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/2 – 1 teaspoon paprika (if you like spicy, use 1 teaspoon)
- 1/2 teaspoon chili flakes
- 1/2 teaspoon ground cumin seeds
- 1/4 of one small onion
- 2 cloves garlic
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh parsley leaves (or dried parsley)

Method:

1. Cut the chicken into small cubes (in total of 16 pieces), and marinate with the ingredients for 1 hour.
2. Thread four pieces of chicken meat with two pieces each of green and yellow pepper onto a skewer.
3. Fire up your outdoor grill (or indoor grill) and grill the chicken kebab until cooked. While grilling, brush the chicken and peppers with olive oil. Serve hot.

If you use bamboo skewers, soak them in cold water overnight so they don't get burned during the grilling process.