Chicken Souvlaki

HOW TO COOK CHICKEN RECIPES | Batch 32 - Recipe 23



Chicken Souvlaki

Serves 4 | Prep 15 min | Cook 15 min | Easy

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 3 tbsp (45 ml) olive oil
- 2 tbsp (30 ml) lemon juice
- 4 garlic cloves (12 g), minced
- 1 tsp (6 g) salt
- 1/2 tsp (1 g) black pepper
- 2 tsp (2 g) dried oregano

Method

1. Cut chicken into 1-inch (2.5 cm) cubes. Combine all remaining ingredients and coat chicken; refrigerate for 30 minutes. Soak wooden skewers in water during this time, or use metal skewers.

2. Heat grill to medium-high, approximately 400°F (200°C), and clean and oil the grate. Thread chicken loosely onto skewers.

3. Grill for 10-15 minutes, turning every 3-4 minutes, until several central pieces register 165°F (74°C). Move away from flames if dripping marinade flares.

4. Rest 5 minutes and slide chicken off skewers carefully.

Doneness

Chicken must reach 165°F (74°C) in its thickest part; use a food thermometer.

Tips

Measure and prepare ingredients before heating the pan.
Check several pieces for even cooking; adjust heat to avoid scorching.

Serving

Serve with pita, tomato-cucumber salad and plain yogurt on the side.

Storage and reheating

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Freeze airtight portions for up to 2 months for best quality. Thaw in the refrigerator. Reheat leftovers to 165°F (74°C), adding a splash of water to prevent drying. Stir sauced dishes frequently over gentle heat.

Quick answers

Can I prepare this ahead? — Prepare ingredients separately and refrigerate perishables; cook chicken within 1-2 days of purchase or thawing.
How many servings does this make? — Four main-dish portions, with sides prepared separately.
How do I adjust the sauce or seasoning? — Use a separate clean platter for cooked chicken. Discard marinade that has touched raw chicken. Marinate covered in the refrigerator.