

Chicken Kebabs

Per Portion
660 Calories
48.5g Protein
30.25g Carbs
44.75g Fat

Ingredients



- 900g boneless chicken thighs
- 2 chopsticks (trimmed if necessary)
- Marinade: 1 tsp garlic purée, ginger purée, turmeric, cumin, chilli powder, onion powder, chilli flakes, paprika
 - 1 tsp olive oil
 - 3 tbsp tandoori masala
 - 1 tbsp yogurt
- 4 homemade flatbreads
 - Bag of salad

For the sauce:

- 3 tbsp yoghurt
- Handful of parsley
- 5cm of cucumber, grated

For the homemade flatbreads:

- 140g plain flour
- 175g yoghurt
- 1 tsp baking powder

Method

1. In a bowl, mix the marinade ingredients with the yoghurt and oil.
2. Coat the chicken thighs with the marinade and allow them to marinate for at least an hour.
3. Load the marinated chicken thighs onto the two skewers and place them in the air fryer.
4. Cook the chicken kebabs in the air fryer at 200°C for 20 minutes, turning them halfway through to ensure even cooking.
5. Meanwhile, prepare the sauce by mixing the yoghurt with the parsley and cucumber. Set aside.
6. Slice the cooked chicken and serve it on homemade flatbreads along with a generous serving of salad. Drizzle the yogurt sauce over the kebabs.

Let's make the homemade flatbreads:

1. In a bowl, combine the plain flour, yoghurt and baking powder.
2. Gradually mix the ingredients.
3. Divide the dough into 4 portions and roll each portion out until they are approximately 1cm thick.
4. Put in the air fryer and cook for 5 minutes at 200c turning halfway. Alternatively, heat a frying pan over high heat and cook the flatbreads for about 2 minutes on each side until they are golden brown.