TURKISH · DINNER · LUNCH

Turkish Chicken Skewers (Tavuk Şiş)

60 min · Serves 4 · 538 kcal a serve · Video 12:21 · Turkish Food Travel

Gluten-free ingredients · No nuts listed

Chicken leg meat marinated in yoghurt, onion juice and spices gives a serve over 40 g of protein and is rich in selenium and vitamins B6 and B12, with grilled tomato and pepper adding vitamin C and no added sugar.

Diet notes: Keto (7.3 g net carbs a serve).

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Ingredients 16 · SERVES 4

- [ ] 2¼ lb **boneless chicken legs** (thigh and drumstick meat), skin on, cut into even chunks
- [ ] 1 medium **onion**, grated and squeezed for its juice (keep the pulp for another dish)
- [ ] 2 heaped tbsp **yoghurt**
- [ ] 1 heaped tbsp **tomato paste**
- [ ] about 1 tbsp **lemon juice**
- [ ] 2 **garlic** cloves, crushed
- [ ] 1½ tsp **paprika**
- [ ] 1½ tsp **pul biber** (Turkish chilli flakes)
- [ ] 1 tsp **black pepper**
- [ ] 1 tsp **dried thyme**
- [ ] 2 tsp **ground cumin**
- [ ] 2 tsp **salt**
- [ ] 1–2 tbsp **vegetable oil**, plus a drizzle for the griddle
- [ ] 2 **tomatoes** in wedges, grilled alongside, to serve
- [ ] 1 red sweet (capia) pepper in chunks, grilled alongside, to serve
- [ ] a handful of chopped **green lettuce**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Grate the onion and squeeze its juice into a bowl. Whisk in the yoghurt, tomato paste, lemon juice and garlic, then the paprika, pul biber, black pepper, cumin, thyme and salt, and finally the oil. 2:12
2. Cut the boneless chicken into even chunks, keeping the skin on (or off if you prefer). Coat thoroughly in the marinade and refrigerate at least 30 minutes; 2 hours is better, overnight best. 1:14
3. Thread the chicken onto metal skewers or wooden ones soaked for 30 minutes, leaving a little space between pieces so they cook evenly. 9:02
4. Heat a cast-iron griddle, heavy pan or barbecue until very hot and drizzle with a little oil. Cook the skewers, turning, until charred at the edges and cooked through with no pink inside. 9:31
5. Grill the tomato wedges and pepper chunks beside the chicken. Serve with the lettuce and grilled vegetables, with flatbread or bulgur pilaf. 10:13

> **Tip** Serves 4 is our estimate. Time includes a 30-minute marinade; overnight is best. Remove the skin for less fat. The video also makes quick yeast flatbreads (about 3 cups flour) to wrap them in.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
538 kcal	46 g	10 g
2,250 kJ	92% of a day	7.3 g net · 5.4 g sugars
		4% of a day

FIBRE	FAT	SODIUM
3.2 g	35 g	1,340 mg
11% of a day	8.4 g saturated	58% of a day
	45% of a day	

Energy from net carbs 6% · protein 35% · fat 59% — fits keto: 7.3 g net carbs, 59% of the energy from fat

High in (20%+ of a day) Selenium 77% · Vitamin C 68% · Omega-3 49% · Vitamin B6 48% · Zinc 39% · Vitamin A 31% · Vitamin K 29% · Vitamin B12 25% · Iron 22% · Vitamin E 22%

Source of (10–19%) Potassium 18% · Folate 17% · Magnesium 16%

⚠ One serve has about 58% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Turkish Food Travel (@TFT) on YouTube — youtube.com/watch?v=Ev-jmZQfR7E, published 9 November 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tft-turkish-chicken-skewers