

Treasure Barrel

Grilled Greek Chicken Souvlaki Skewers

30 min Prep time	**10 min** Cook time	**40 min** Total time
4 Servings	**Medium** Difficulty	**Mediterranean** Cuisine

Ingredients

The Skewers

- [ ] 1 ¼ lb boneless, skin-free chicken breast, cut into 1-inch cubes
- [ ] 4 wooden skewers, soaked in water for 30 minutes
- [ ] ½ cup sliced red onion
- [ ] ½ cup sliced yellow bell pepper
- [ ] 1 tbsp lemon zest (optional)

The Marinade

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice (about 2 lemons)
- [ ] 1 tbsp red wine vinegar
- [ ] 2 cloves garlic, minced
- [ ] 2 tsp dried oregano
- [ ] 1 tsp dried thyme
- [ ] ½ tsp ground cumin
- [ ] ½ tsp salt
- [ ] ¼ tsp freshly ground black pepper
- [ ] 1 tsp honey

Garnish & Serving

- [ ] 2 tbsp chopped fresh parsley, for garnish
- [ ] Lemon wedges, for serving

Instructions

1. First things first, let those 4 wooden skewers, soaked in water for 30 minutes, just sit for a bit. It's a little trick to keep them from burning when they hit the hot grill, believe me.

2. In a large bowl, go ahead and whisk together the extra-virgin olive oil, fresh lemon juice (about 2 lemons), red wine vinegar, minced garlic, oregano, thyme, cumin, salt, pepper, and honey. I love how the smell of the herbs just fills the kitchen here.

3. Now, gently add your cubed chicken to the bowl and toss it all together until every piece is well coated. Cover it up and let it relax in the refrigerator for at least 30 minutes; honestly, if you have 4 hours, it'll just be even better.

4. Stir in those sliced red onion, sliced yellow bell pepper, and that bit of lemon zest (optional) into the marinated chicken. Let it sit for about 5 minutes—just enough to soften the vegetables a touch.

5. Time to build. Thread the chicken and vegetables onto the soaked skewers, alternating between the meat and veggies. It makes them look so pretty and balances every bite.

6. Get your grill preheated to medium-high heat (about 425°F). I usually use a paper towel held with tongs to lightly oil the grates so nothing sticks.

7. Place the skewers on the grill and cook for 8–10 minutes. Turn them every 2–3 minutes so they get a nice char. You're looking for that internal temperature of 165°F.

8. While they're finishing up, spoon a few tablespoons of the remaining marinades over them. It keeps things juicy, and wow, the aroma is just wonderful.

9. Take them off the grill and let them rest for 5 minutes. I know it's hard to wait, but it really helps keep those juices inside the chicken.

10. Arrange the skewers on a platter, sprinkle on some chopped fresh parsley, and serve with lemon wedges. I like them with a side of rice or a crisp Greek salad.

Nutrition per serving

310 kcal	36 g	8 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Marinating overnight really brings out a deeper, more aromatic flavor.
- Resting the meat for 5 minutes is essential for juiciness.
- Soaking wooden skewers prevents them from catching fire on the grill.