

Treasure Barrel

Tandoori Chicken Tikka Skewers: Flavorful Grilled Delight

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Indian** Cuisine

Ingredients

For the Chicken Skewers

- ▢ 2 lbs boneless, skinless chicken thighs, cut into 1.5-inch cubes
- ▢ 1/4 cup chopped fresh cilantro, for garnish
- ▢ 1 lemon, cut into wedges, for serving
- ▢ Wooden or metal skewers

For the Tandoori Marinade

- ▢ 1 cup full-fat plain Greek yogurt
- ▢ 1/4 cup fresh lemon juice
- ▢ 2 tbsp ginger-garlic paste (or 1 tbsp each of freshly minced ginger and garlic)
- ▢ 2 tbsp neutral oil (like canola or avocado oil)
- ▢ 1 tbsp garam masala
- ▢ 1 tbsp smoked paprika
- ▢ 1 tsp ground turmeric
- ▢ 1 tsp ground cumin
- ▢ 1 tsp ground coriander
- ▢ 1/2 tsp cayenne pepper (or more, to taste)
- ▢ 1.5 tsp salt

Instructions

1. Okay, so first things first, let's create that beautiful marinade. In a nice big bowl—one that gives you plenty of room to mix—combine the Greek yogurt, lemon juice, ginger-garlic paste, oil, and all those gorgeous spices: garam masala, smoked paprika, turmeric, cumin, coriander, cayenne, and salt. I like to use a whisk to get it really smooth and creamy, making sure there are no little pockets of dry spice hiding. Once it’s all blended, taste it! It should be bold and tangy. Now, gently add your chicken pieces and use your hands or a spatula to make sure every single piece is lovingly coated in that vibrant marinade. Cover the bowl and let it rest in the refrigerator. Honestly, the longer the better, but give it at least four hours to work its magic. A simple process for a great meal, unlike my gluten-free banana bread which requires more precision.

2. After your chicken has had its nice long spa day in the marinade, it's time to thread them onto the skewers. If you're using wooden skewers, this is the time to remember to soak them in water for at least 30 minutes so they don’t burn on the grill. I find this part so meditative. Just take each piece of chicken and thread it on, leaving a tiny bit of space between each one. This little gap is key, as it helps the heat circulate and cook the chicken evenly from all sides. Don’t squish them together! This isn't just about cooking; it's about creating something beautiful, just like with my favorite banana bread recipe, where every step matters.

3 Now for the exciting part! Get your grill preheated to a nice medium-high heat. You want it hot enough to create that beautiful char but not so hot that it burns the outside before the inside is cooked. Lightly oil the grates to prevent sticking. Place the skewers on the grill, and just listen to that sizzle. It's the best sound. Grill them for about 10-15 minutes, turning them every few minutes, until the chicken is cooked through and has those lovely charred marks. The edges will get a little crispy and dark, and that's where so much flavor lives. Dang, the smell is just incredible at this point.

4 Once the chicken is cooked through (the internal temperature should be 165°F), take the skewers off the grill and place them on a platter. This is a moment for patience. Let them rest for just a few minutes, maybe five. This lets all those delicious juices settle back into the meat, ensuring every bite is tender and moist. While they rest, you can squeeze a little fresh lemon juice over the top and scatter some fresh cilantro. It just brightens everything up beautifully. Serve them warm with your favorite sides; it's a simple finish for a truly spectacular meal, almost as comforting as a slice of the best banana bread.

Nutrition per serving

380 kcal	36 g	8 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don't be afraid to let the chicken get some dark, charred spots. That's not burnt, that's flavor! The sugars in the yogurt and spices caramelize on the hot grill, creating a smoky, slightly bitter contrast that is absolutely essential to the tandoori experience. Just be sure it doesn't turn completely black and acrid.
- If you're using metal skewers, be aware that they conduct heat and will cook the inside of the chicken pieces a bit faster. You might need to reduce your cooking time by a minute or two. And please remember to use an oven mitt or tongs when handling them, as they get incredibly hot!
- This marinade is wonderfully versatile. It's fantastic on chicken wings, lamb chops, or even firm paneer for a vegetarian option. The process is exactly the same. It's less forgiving than a foolproof banana bread but well worth the effort.