

Lebanese marinated Chicken kebab, green bean salad, olive oil croutons

Recette pour 4

Description

Chicken skewers tenderized by a fresh marinade, accompanied by a crisp and seasonal salad.

Ingrédients

Chicken

- 4 Unit(s) Chicken breast
- 2 Tbsp Sumac
- 1 Unit(s) Yellow pepper
- 1 Unit(s) Red pepper
- 2 Unit(s) Lime
- 0.50 Tray(s) Cherry tomatoes
- Salt and pepper

Marinade

- 1 Unit(s) Onion
- 2 Unit(s) Lemon
- 0.50 Tsp Saffron
- 125 Ml Olive oil
- Salt and pepper

Green beans

- 2 Lb Green beans
- 2 Clove(s) Garlic
- 6 Sprig(s) Chopped parsley
- 50 Ml Olive oil
- 1 Unit(s) Lemon zests
- 4 Thick slice(s) Bread loaf
- Salt and pepper

Préparations

Temps de préparation **45.00 mins**

Préchauffez votre BBQ à 425.00 F°

Preparation

CHICKEN

Cut the breasts into cubes (2cm each side). In a bowl, rub the cubes with sumac.

Cut one lime into four quarters, keep the other lime whole until plating (for zesting).

MARINADE

Zest then juice the lemons. Peel the onion then shred it using cheese grater.

SALAD

Clean the beans, cut the bread into brunoise (small croutons), finely chop the garlic and the parsley.

Chicken skewers

Start by putting a lime wedge on the skewer, then you can dress the skewer in the following order:

A cube of meat, a square of red pepper, a cube of meat, a square of yellow pepper, a cherry tomato, repeat. Make sure there is the equivalent of one breast per skewer.

Marinade

Mix all the elements of the marinade together in a bowl with a whisk, then brush onto the skewers.

Once the skewers are nicely covered with marinade, let them sit in the fridge for 30 minutes before cooking.

Put the skewers on a hot BBQ, season with salt. Flip the skewers when you start to see the chicken turn opaque on the sides. Make sure your chicken is cooked thoroughly.

Green bean salad

CROUTONS

In a bowl, mix the crouton brunoise with a drizzle of olive oil, salt and pepper.

Spread the croutons on a baking sheet, bake them for 5 to 6 minutes in a hot oven (400 ° F). Be sure to attain a nice colour.

GREEN BEANS

In boiling salted water, immerse the green beans, let them cook about 5 to 8 minutes, test (taste) regularly so as to keep a light crunch. Drain then immerse them in an ice-water bath. This will stop the cooking process as well as ensure the colour doesn't fade.

Drain them again when they are cold.

In a bowl, combine parsley, garlic, olive oil, lemon zest, salt and pepper.

Add the beans and croutons, toss together gently, serve.

Plating

Place a nice spoonful of the green bean salad with croutons on a plate Put the chicken skewers on top, garnish with some sprouts and lime zest.

Bon appétit!