

# Lemon chicken skewers, saffron, summer vegetables salad |

**Recipe for 4 servings**

## Description

Fresh flavours and colors, light, very pleasant recipe for the summer season.

## Note

Make sure you cut the salad nicely: the more evenly and finely you cut it, the better it will be.

## Ingredients

### Chicken Skewers

- 500 Gr Chicken breast
- 0.50 Unit(s) Lemon
- 100 Gr Onion
- 150 Gr Red pepper
  
- Salt and pepper

### Marinade

- 0.50 Unit(s) Lemon
- 50 Gr Onion
- 10 Unit(s) Saffron pistil
- 100 Ml Olive oil
- 1 Tbsp Soy sauce
- 1 Clove(s) Crushed garlic
  
- Salt and pepper

### Légumes salad

- 150 Gr English cucumber
- 150 Gr Yellow pepper
- 200 Gr Tomato
- 100 Gr French shallot
- 0.50 Unit(s) Lemon
- 2 Sprig(s) Mint
- 2 Sprig(s) Tarragon
  
- Salt and pepper

### Balsamic dressing

- 1 Tbsp Balsamic vinegar
- 1 Tbsp Dijon mustard
- 30 Ml Olive oil
  
- Salt and pepper

## Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **400 F°**

### Prep

#### **Skewers**

Cut the chicken in cubes, peel and dice the onion.  
Remove the seeds from the pepper and dice it. Slice the lemon.

#### **Marinade**

Peel and grate the onion. Zest the lemon and press the juice.  
Mix all the ingredients in a bowl. Add the chicken cubes and mix well. Put aside in the fridge for 1

hour.

### **Salad**

Wash the vegetables and put them aside on a table cloth. Cut the cucumber lengthwise and remove the seeds.

Dice the cucumber and the other vegetables.

Finely chop the onion and the shallot.

### **Dressing**

In a bowl, whip all the ingredients together, season to taste with salt and pepper.

Tear off mint and tarragon leaves from the sprigs and chop. Finely chop the chives.

### Skewers

On a metal skewer, thread a cube of chicken, then 2 pieces of onions, a red pepper, a slice of lemon fold in halves. Start again from the chicken...

### **Marinade**

Reduce the rest of the marinade in a pot at low heat. Add a crushed garlic clove and spoon of soya sauce.

Season the chicken skewers, cook on the BBQ when hot. Turn often and cook for about 5 minutes or until nice and caramelized.

Finish the cooking on the top grill of the BBQ.

### Salad

In a large bowl, mix together all the vegetable dices as well as the shallot and onion.

Pour the dressing and fresh herbs and mix. Season to taste with salt and pepper.

### Plating

In a plate, add a large spoon of vegetables then a skewer on top. Baste with some marinade reduction.

**Bon appétit!**