

Mark's Kitchen

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Chicken Kebabs and Cilantro Chutney

Fire up that grill! This is a flavorful, protein packed dish to serve at your next barbeque. It's filled with healing spices and herbs and can be served alone or with a bed of lettuce, grilled or sautéed onions, or a bit of wild rice. The chutney recipe can also be used as a dip or even a marinade for chicken or fish. Yum!

Serves: 6

Ready in: 30 minutes + 2 hours of refrigeration time

For the chutney:

- 1 large bunch of cilantro, finely chopped, stems included
- 1 jalapeno pepper
- 1 teaspoon sea salt
- 1 teaspoon cumin seeds
- juice of half a lemon
- 6 cashews
- 3 to 4 tablespoons filtered water

For the kebabs:

- 2 pounds ground chicken
- 2 medium onions, finely chopped
- ¼ cup chopped cilantro
- 2 tablespoons ginger paste or minced ginger
- 1 tablespoon chili paste (optional)
- 3 tablespoons ground cumin powder
- 2 tablespoons ground coriander powder
- 2 teaspoons paprika or cayenne powder
- Sea salt to taste
- ¼ cup extra-virgin olive oil
- Juice of one half lemon, for garnish

Step 1: Make the chutney. Add all of the chutney ingredients to a food processor and process until you get a smooth creamy consistency. Scoop into a bowl and place in the fridge.

Step 2: For the kebabs: add the ground chicken, onions, cilantro, ginger paste, and chili paste to a large bowl and mix to combine. Season the mixture with the remaining spices. Cover the bowl and refrigerate the mixture for 2 hours.

Step 3: Mold 3/4 cup of the ground chicken mixture around each skewer with your hands. Make sure each kebab is even in thickness. Refrigerate until ready to use.

Step 4: Preheat grill to high heat. Once the grill is hot, brush the grill grates with oil and, place the kebabs on the grill. Cook for 10 to 12 minutes, or until well done, turning as needed to brown evenly.

Step 5: Place the kebabs on each plate and drizzle with fresh lemon juice and cilantro chutney or use the chutney as a dip.

Nutritional analysis per 1 kebab and chutney: calories 383 • fat 27 g • saturated fat 6 g • fiber 1 g • protein 29 g • carbohydrate 7 g • sodium 482 mg