

Grilled chicken skewers, tzatziki & cucumber ribbons

Makes	5 skewers
Prep time	15 minutes
Marinating time	4 hours to overnight (optional)
Cooking time	15 minutes
Carb count	2 g (per skewer and sauce)

EQUIPMENT

Scales, chopping board, knife, bamboo skewers (soak in water for 10 minutes first if using on the barbecue), mixing bowl, peeler, dessert spoon, oven tray, grater or zester, frying pan or chargrill pan (or the barbecue)

INGREDIENTS

150 g chicken thigh or breast meat

Marinade

20 g (4–5 sprigs) fresh rosemary or thyme
1 clove garlic, crushed
salt and pepper to taste
15 ml (1 tbsp) olive oil
zest and juice of 1 lemon

Cucumber ribbons and tzatziki

¼ telegraph cucumber (about 75 g)
5 g (1 tsp) cumin seeds
50 g (½ cup) unsweetened natural yoghurt
(the thicker the better)
zest and juice of 1 lemon
salt and pepper to taste

METHOD

Cut the chicken into strips and skewer. Make the marinade by combining the ingredients in the mixing bowl. Coat the chicken in the marinade, place the skewers on a plate and allow the flavours to develop in the fridge for 4 hours, or more if you have time. Chargrill (or pan-fry) the chicken skewers over a moderate heat until they are cooked – they will take a combined time of 5 minutes per side, turning regularly.

Slice the cucumber in half lengthways and use the dessert spoon to scoop out the seeds and water, reserving these for adding to the tzatziki. Now cut the cucumber in half widthways so you have 4 pieces. With a peeler, carefully make thin ribbons of cucumber from 2 of the pieces, reserving the other 2 pieces for later.

Preheat oven to 180°C. Begin the tzatziki by toasting the cumin seeds on the oven tray in the oven for 4 minutes. Mix the yoghurt with the lemon zest and juice and add in the cumin seeds, salt and pepper. Stir in a little of the cucumber scrapings you reserved earlier, being careful to stop at the desired consistency (I like a thick, dropping consistency). Mix some tzatziki with the cucumber ribbons and serve alongside the skewers.

