

## LEMON OREGANO CHICKEN SKEWERS

### INGREDIENTS

Chicken leg boneless	180g
Hung curd	40g
Oregano	2g
Lemon	1no
Garlic	5g
Olive oil	10ml
Bell peppers	60g
Salt to taste	
Pepper to taste	
Satay sticks	3no

### METHOD

1. Pierce the boneless chicken leg with a fork and cut into medium dices.
2. For the marination, mix hung curd, oregano, lemon juice, salt and pepper.
3. Marinate the chicken pieces with the curd marination and allow it to rest in the refrigerator for an hour
4. For the skewers soak the satay stick in water for a while then arrange the chicken and bell peppers alternatively. Scrape the marination from the bowl and apply on the skewers.
5. On a hot grill apply some oil and place the skewers on it
6. Cook till the chicken is well cooked and serve on a plate

### NUTRITION FACTS

Kcals	117
Fat	9.9g
Protein	1.3g
Carbs	7.6g



RECIPE COURTESY:

THE SASSY SPOON, MUMBAI