ARMENIAN · LUNCH · DINNER

Armenian Chicken Kebab (Hand-Pressed on Skewers)

Հավի մսով քաբաբ

60 min · plus chilling the mince | Makes 6 × 2 skewers | 433 kcal a portion

Video 8:09 in Armenian · Armenian Kitchen with Lusine

Paleo | Gluten-free ingredients | No dairy listed | No nuts listed

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About 33 g protein and 4 g net carbs a serve: minced chicken thigh with a little pork fat, onion, thyme and pepper, pressed onto skewers and grilled over coals.

Diet notes: Keto (3.7 g net carbs a serve).

Ingredients 10 · MAKES 6 × 2 SKEWERS

- [ ] 1 kg **boneless chicken thigh**
- [ ] 150 g **pork fat** (some renders off on the grill)
- [ ] 100–120 g **onion**
- [ ] 2 tsp **salt**
- [ ] ½ tsp **ground black pepper**
- [ ] ½ tsp **sweet red pepper** (paprika)
- [ ] ⅓ tsp **hot red pepper**
- [ ] 1½ tbsp **dried thyme** (or dried basil, to taste)
- [ ] sliced **onion**, to serve
- [ ] mixed **fresh herbs** (coriander, parsley, basil), to serve

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the boneless chicken thigh, pork fat and onion into pieces. 1:10
2. Mince them all together through a meat grinder. 1:40
3. Add the salt, black pepper, sweet and hot red pepper and the dried thyme, and knead them through. 2:30
4. Keep kneading, lifting the mince and slapping it back into the bowl, until it turns sticky and smooth — that's what keeps it on the skewers. 4:10
5. Press it into a bowl, cover with cling film and chill it. 5:25
6. With wet hands, press a long, even layer of mince around each flat skewer. 5:55
7. Grill over hot coals, turning, until browned and cooked through. Serve on lavash with sliced onion and fresh herbs. 6:45

> **Tip** Makes about 12 skewers; flat, wide skewers hold the mince best. Armenians wrap them in lavash; with the onion, herbs and a salad they stay very low in carbs. A hot oven grill works when there's no barbecue.

The method is a summary in our words, in English — the video (in Armenian) shows every step.

One portion (2 skewers) gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
433 kcal	**33** g	**5** g	**1.3** g	**30** g	**900** mg
1,810 kJ	66% of a day	3.7 g net · 1.9 g sugars 2% of a day	5% of a day	10 g saturated 39% of a day	39% of a day

Energy from net carbs 4% · protein 32% · fat 64% — fits keto: 3.7 g net carbs, 64% of the energy from fat

High in (20%+ of a day) Selenium 55% · Zinc 31% · Vitamin B12 31% · Vitamin B6 30% · Vitamin K 22%

Source of (10–19%) Omega-3 18% · Iron 12%

Recipe and video: Armenian Kitchen with Lusine on YouTube — youtube.com/watch?v=MijSKFOh1z8. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/armenian-chicken-kebab