GREEK · DINNER

Greek Chicken Souvlaki Skewers

Kotopoulo souvlaki

70 min · Serves 4 · 414 kcal a serve · Video 8:01 · Downshiftology

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

47 g protein and under 2 g net carbs a serve: cubed chicken breast marinated in olive oil, lemon, garlic and oregano, then grilled. No sugar or flour; the tzatziki on the side is the only dairy.

Diet notes: Low carb (1.5 g net carbs) but not keto: 51% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (4 g, 9% of the energy).

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Ingredients 8 · SERVES 4

- [ ] 4 **boneless**, skinless chicken breasts, cut into 1½ inches cubes
- [ ] ⅓ cup **olive oil**
- [ ] 2 tbsp **fresh lemon juice**
- [ ] 3 **garlic** cloves, minced
- [ ] 2 tsp **dried oregano**
- [ ] 1 tsp **dried parsley**
- [ ] 1 tsp **kosher salt**
- [ ] ½ tsp **ground black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

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 chicken into even cubes of about 1½ inches so they cook at the same rate. 0:27
2. Put the chicken in a bowl with the olive oil, lemon juice, garlic, oregano, parsley, salt and pepper and mix well with your hands. 1:23
3. Cover and marinate in the fridge for at least 30 minutes. 1:54
4. Thread the chicken onto skewers, 4–5 pieces on a 8 inches skewer. Flat metal skewers stop the pieces spinning when you turn them; soak wooden ones first. 3:25
5. Heat a grill or grill pan to medium-high and cook the skewers 3–4 minutes a side, until charred and cooked through to 165°F in the centre. 4:11
6. Serve with tzatziki and a Greek or tomato-and-cucumber salad. 5:27

> **Tip** Make the tzatziki while the chicken marinates; it tastes better after an hour in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
414 kcal	47 g	1.9 g	0.4 g	23 g	690 mg
1,730 kJ	94% of a day	1.5 g net · 0.2 g sugars 1% of a day	1% of a day	4 g saturated 30% of a day	30% of a day

Energy from net carbs 1% · protein 47% · fat 52% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 76% · Vitamin B6 55% · Vitamin E 21% · Vitamin B12 21%

Source of (10–19%) Zinc 14% · Omega-3 14% · Vitamin K 13% · Iron 11% · Magnesium 11%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=PLd_Uelzvw4. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/downshiftology-greek-chicken-souvlaki