PERSIAN · LUNCH · DINNER

Joojeh Kabab (Persian Saffron Chicken Skewers)

265 min · Serves 4 · 441 kcal a serve · Video 6:09 · Henrys HowTos

Gluten-free ingredients · Nut-free

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About 60 g of protein per serve from lean chicken breast marinated in yoghurt, lemon and saffron rather than a sugary glaze. Rich in selenium and vitamin B6, and the grilled tomatoes add vitamin C.

Diet notes: Low carb (6.8 g net carbs) but not keto: 37% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

17 · SERVES 4

- [ ] 1 kg **chicken breast** (3–4 fillets), trimmed and diced
- [ ] ½ tsp **crushed saffron threads**
- [ ] a pinch of **sugar**, to grind with the saffron
- [ ] **Water**: 2 tbsp boiling water, to bloom the saffron
- [ ] 1 tsp **salt**
- [ ] 1 tsp **ground turmeric**
- [ ] ½ tsp **black pepper**
- [ ] 2 tbsp **lemon juice**
- [ ] 2 tbsp **Greek-style yoghurt**
- [ ] 2 tbsp **olive oil**
- [ ] **melted butter**, about 1 tbsp, drizzled over the cooked kebabs
- [ ] **lemon wedges**, to serve
- [ ] 4 **tomatoes**, grilled whole, to serve
- [ ] 4 **long green chillies**, grilled, to serve
- [ ] **onion rings**, to serve (about ½ small onion)
- [ ] a few sprigs of **fresh mint**, to serve
- [ ] 4 **radishes**, to serve

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Trim the chicken of any fat and cut it into even cubes so it cooks evenly. Put it in a large bowl. 0:49
2. Grind the saffron with a pinch of sugar, pour over 2 tbsp boiling water and leave 5 minutes. Whisk in the salt, turmeric, pepper, lemon juice, yoghurt and olive oil. 1:20
3. Pour the marinade over the chicken and mix until every piece is coated. Cover and refrigerate for at least 4 hours, or overnight for the best result. 2:11
4. Heat a grill to medium-high. Stir the chicken again, then thread it onto long flat metal skewers (or soaked bamboo skewers), leaving a little gap between pieces. 2:39
5. Start the tomatoes and chillies on the grill first, as they take longer. Add the skewers and turn them about every 30 seconds for 4–5 minutes, until the chicken is firm and cooked through. 3:35
6. Slide the chicken off the skewers, drizzle with melted butter and serve with the grilled tomatoes and chillies, onion rings, mint, radishes and lemon wedges to squeeze over. 5:01

> **Tip** Serves 4 (our estimate, about one breast fillet each). Traditionally eaten with saffron basmati rice (the cook links his own recipe). Thigh fillets work too and stay juicier.

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
441 kcal	60 g	9.4 g	2.5 g	17 g	730 mg
1,850 kJ	121% of a day	6.8 g net · 5.3 g sugars	9% of a day	4.9 g saturated	32% of a day
		3% of a day		22% of a day	

Energy from net carbs 6% · protein 58% · fat 36% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 96% · Vitamin B6 77% · Vitamin C 41% · Vitamin B12 29% · Zinc 21%

Source of (10–19%) Potassium 19% · Magnesium 18% · Vitamin E 18% · Iron 15% · Vitamin K 14% · Vitamin A 11% · Folate 10% · Omega-3 10%

Recipe and video: Henrys HowTos (@HenrysHowTos) on YouTube — youtube.com/watch?v=7m2qcBlpTOo, published 10 December 2022. 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/joojeh-kabab-saffron-chicken-skewers