LEBANESE · LUNCH · DINNER

Shish Tawook (Lebanese Garlic Yoghurt Chicken Skewers)

شيش طاووق

45 min · plus marinating in the fridge · Serves 5 · 373 kcal a serve · Video 11:51 in Arabic · Suha's Dishes

Gluten-free ingredients · No nuts listed

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About 48 g protein and 3 g net carbs a serve: lean chicken breast marinated in yoghurt, garlic, vinegar and spices, then grilled, with no breading or sugar.

Diet notes: Low carb (2.6 g net carbs) but not keto: 42% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2.9 g, 7% of the energy).

Ingredients 11 · SERVES 5

- [ ] 2 lb **chicken breast**, cut into cubes
- [ ] ½ cup **plain yoghurt**
- [ ] ¼ cup **apple cider vinegar**
- [ ] ¼ cup **vegetable or canola oil**
- [ ] 4 **garlic** cloves, crushed with ¼ tsp salt
- [ ] 1 tsp **salt**, plus the ¼ tsp with the garlic
- [ ] 1 tbsp **paprika**
- [ ] 1 tsp **turmeric**
- [ ] ½ tsp **ground black pepper**
- [ ] ½ tsp **ground cumin**
- [ ] ½ tsp **curry powder**

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

Allergens found in the listed ingredients: Milk, Sulphites. 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. Trim the chicken breasts and cut them into even cubes, about 1¼ inch. 0:35
2. Make the marinade in a large bowl: the yoghurt, garlic crushed with salt, vinegar and oil, then the paprika, salt, turmeric, black pepper, cumin and curry powder. Whisk until smooth. 2:00
3. Add the chicken and mix until every piece is coated. 4:10
4. Tip it into a dish, cover tightly and leave it in the fridge to marinate. 5:25
5. Thread the chicken cubes onto skewers, pressing them close together. 6:40
6. Heat a grill pan (or the barbecue), brush it with a little oil and grill the skewers, turning them, until golden, charred at the edges and cooked through. 9:15
7. Serve hot with lemon wedges and tomato. 10:55

> **Tip** Serves about 5 (the cook doesn't say). In Lebanon it comes with toum (garlic sauce), pickles and flatbread; a big salad or grilled vegetables keep it low in carbs. The cubes also cook well in a hot oven.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
373 kcal	**48** g	**3.4** g	**0.8** g	**18** g	**710** mg
1,560 kJ	96% of a day	2.6 g net · 1.4 g sugars 1% of a day	3% of a day	2.9 g saturated 22% of a day	31% of a day

Energy from net carbs 3% · protein 53% · fat 44% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 77% · Omega-3 67% · Vitamin B6 57% · Vitamin B12 25%

Source of (10–19%) Vitamin E 19% · Zinc 16% · Iron 13% · Magnesium 13% · Potassium 10%

Recipe and video: Suha's Dishes on YouTube — youtube.com/watch?v=zpURAeladrE. 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/shish-tawook-lebanese-chicken-skewers