

# Lebanese Chicken Tawook

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-curry-recipe>

## Ingredients:

- 20 ounces boneless skinless chicken breasts cut in cubes
- 1 lemon juice and zest of lemon
- 2 cloves garlic grated
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon olive oil
- fresh parsley to serve

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 90 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 2 grams
8. Sodium: 760 milligrams

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