

Chicken Shish Kebab | Seekh Kebab

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-chicken-shish-kebab-recipe>

Ingredients:

- 1 pound ground chicken
- 1 medium shallot finely chopped
- 1 medium carrot finely chopped
- 1/4 cup chopped cilantro
- 1 serrano chili de-seeded for mild heat
- 1 tablespoon ginger garlic paste or 3 cloves of garlic + 1/2 inch ginger
- 1 tablespoon Garam Masala
- 1 teaspoon smoked paprika
- 1 tablespoon plain Greek yogurt
- 1 teaspoon salt
- 1 tablespoon ghee or butter, melted

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 100 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 670 milligrams
9. Sugar: 1 grams

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