

Chicken Shashlik

Yield: 4 min

Total Time: 205 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-shashlik-recipe>

Ingredients:

- 6 whole boneless skinless chicken thighs
- 1/2 batch marinade tandoori, – recipe link below
- 1 red pepper – cut into 1 inch pieces
- 1 green pepper – cut into 1 inch pieces
- 1 onion – cut into 1 inch petals, one onion layer thick
- 1 tablespoon garlic ginger paste
- 3 tablespoons vegetable oil
- 1 tablespoon tomato paste diluted with 2 Tbsp water
- 1 teaspoon curry powder indian restaurant mix powder or commercial, – recipe link below
- 1 teaspoon methi kasoor, – fenugreek leaves
- 1/4 teaspoon chili powder mild kashmiri
- 1/2 teaspoon kosher salt
- lemon to serve

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 105 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 36 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 530 milligrams
9. Sugar: 3 grams

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