

Chicken shish-taouk, Lebanese garlic sauce |

Recipe for 4 servings

Description

Marinated and grilled chicken, served with a white garlic sauce. Perfect to serve in pita bread!

Note

Chicken thighs can be marinated the day before for maximum flavor.

To reduce the amount of fat in this recipe, you can make a garlic sauce with yogurt.

Ingredients

Chicken

- 400 Gr Chicken thigh
- 100 Gr Onion
- 2 Clove(s) Garlic
- 1 Unit(s) Lemon
- 1 Tsp Cumin powder
- 1 Tsp Ground coriander
- 1 Tsp Thyme
- 1 Pinch(es) Chili flakes

- Salt and pepper

Garlic sauce

- 1 Unit(s) Egg white
- 2 Clove(s) Garlic
- 125 Ml Canola oil
- 15 Ml Lemon juice

- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **BBQ** at **500 F°**
- Resting time **30 mins**

Set up

Peel and chop the garlic cloves for the chicken marinade.

Peel and remove the sprouts from the garlic cloves for the sauce.

Zest and squeeze the lemon.

Pare and trim the chicken if necessary.

Chicken

In a large bowl, mix the chicken with 15 ml lemon juice, lemon zest, spices, yogurt, plenty of freshly ground pepper, onion, garlic, a drizzle of olive oil and a pinch of salt.

Leave to marinate for at least 30 minutes, then cook on an oiled grill.

Be sure to check that the chicken is cooked to 72°C or above.

Garlic sauce

Start by mixing the garlic cloves (previously degermed) with the egg whites and a pinch of salt, then drizzle in the oil and finish with the lemon juice.

Bon appétit!