

Lemon chicken skewers, saffron, summer vegetables salad |

Recipe for 4 servings

Description

Fresh flavours and colors, light, very pleasant recipe for the summer season.

Note

Make sure you cut the salad nicely: the more evenly and finely you cut it, the better it will be.

Ingredients

Chicken Skewers

- 500 Gr Chicken breast
- 0.50 Unit(s) Lemon
- 100 Gr Onion
- 150 Gr Red pepper

- Salt and pepper

Marinade

- 0.50 Unit(s) Lemon
- 50 Gr Onion
- 10 Unit(s) Saffron pistil
- 100 Ml Olive oil
- 1 Tbsp Soy sauce
- 1 Clove(s) Crushed garlic

- Salt and pepper

Légumes salad

- 150 Gr English cucumber
- 150 Gr Yellow pepper
- 200 Gr Tomato
- 100 Gr French shallot
- 0.50 Unit(s) Lemon
- 2 Sprig(s) Mint
- 2 Sprig(s) Tarragon

- Salt and pepper

Balsamic dressing

- 1 Tbsp Balsamic vinegar
- 1 Tbsp Dijon mustard
- 30 Ml Olive oil

- Salt and pepper

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **400 F°**

Prep

Skewers

Cut the chicken in cubes, peel and dice the onion.
Remove the seeds from the pepper and dice it. Slice the lemon.

Marinade

Peel and grate the onion. Zest the lemon and press the juice.
Mix all the ingredients in a bowl. Add the chicken cubes and mix well. Put aside in the fridge for 1

hour.

Salad

Wash the vegetables and put them aside on a table cloth. Cut the cucumber lengthwise and remove the seeds.

Dice the cucumber and the other vegetables.

Finely chop the onion and the shallot.

Dressing

In a bowl, whip all the ingredients together, season to taste with salt and pepper.

Tear off mint and tarragon leaves from the sprigs and chop. Finely chop the chives.

Skewers

On a metal skewer, thread a cube of chicken, then 2 pieces of onions, a red pepper, a slice of lemon fold in halves. Start again from the chicken...

Marinade

Reduce the rest of the marinade in a pot at low heat. Add a crushed garlic clove and spoon of soya sauce.

Season the chicken skewers, cook on the BBQ when hot. Turn often and cook for about 5 minutes or until nice and caramelized.

Finish the cooking on the top grill of the BBQ.

Salad

In a large bowl, mix together all the vegetable dices as well as the shallot and onion.

Pour the dressing and fresh herbs and mix. Season to taste with salt and pepper.

Plating

In a plate, add a large spoon of vegetables then a skewer on top. Baste with some marinade reduction.

Bon appétit!