



Chicken kebabs with bbq sauce

10'
Hands on

12'
Cook Time

6
Portion(s)

1
Difficulty



Ingredients

- 1 kilo chicken breast fillet
- 2 teaspoon(s) salt
- 2-3 slices bacon, cut into pieces
- 1 1/2 tablespoon(s) paprika, sweet
- 1 tablespoon(s) paprika, smoked
- 2 tablespoon(s) granulated sugar
- 1 yellow bell pepper
- 1 red bell pepper
- 1 green bell pepper
- 1 onion
- 300 g [BBQ sauce](#)
- parsley, finely chopped, to serve

Διατροφικός πίνακας

Nutrition information per portion

331 Calories (kcal)	4.1 Total Fat (g)	1.3 Saturated Fat (g)	28.0 Total Carbs (g)
17%	6%	7%	11%
24.0 Sugars (g)	44.0 Protein (g)	3.2 Fibre (g)	3.1 Sodium (g)
27%	88%	13%	52%

Method

- Cut the chicken fillets into 2 cm pieces.
- Transfer to a [bowl](#), add the salt, mix well, cover with plastic wrap and refrigerate for 1 hour. The salt will marinate the chicken.
- When ready, remove from the refrigerator and wipe off salt with paper towels.
- In a food processor, beat the bacon, sweet paprika, smoked paprika and sugar, until you create a paste.
- Coat chicken with the paste.
- Thread the pieces of chicken on [skewers](#), alternating between chicken, bell peppers and onions.
- Grill for 8-10 minutes, on a very hot grill with a lid, turning them over every 2 minutes, until they are done on all sides.
- Brush chicken kebabs with [bbq sauce](#) and once you turn them over 180 degrees, grill for 1 minute.
- Brush with a little more [bbq sauce](#), turn over again and grill for another minute.
- Remove from grill and allow the meat to rest for 5 minutes.
- Serve chicken kebabs with more bbq sauce and some finely chopped parsley.