

DINNERLY



NO ADDED GLUTEN

LOW CALORIE

Chicken Souvlaki Skewers

with Bell Peppers & Red Onions



30-40min



2 Servings

Chicken souvlaki is fancy for delicious grilled chicken. The tender chicken is seasoned with Za'atar and skewered along with crunchy bell peppers and onions. Then they're thrown on the grill for some deep caramelization and added smoky flavor. We've got you covered!

WHAT WE SEND

- green bell pepper
- medium red onion
- cubed boneless, skinless chicken thighs
- za'atar spice blend ¹¹
- 8" skewer
- romaine heart

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar

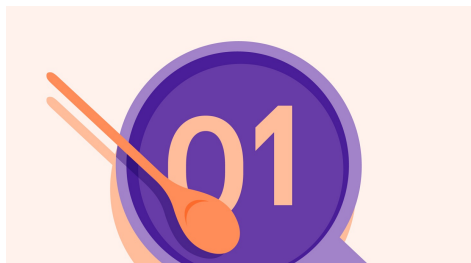
TOOLS

ALLERGENS

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 460kcal, Fat 31g, Carbs 18g, Proteins 29g



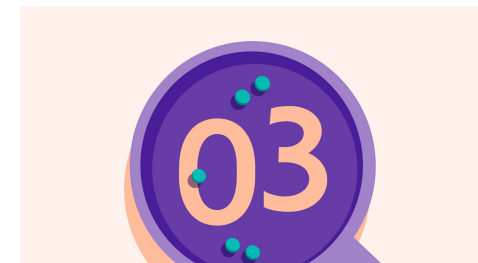
1. Prep ingredients

Halve **pepper**, remove stems, core, and seeds, then cut into 1-inch pieces. Halve, peel, and cut **all of the onion** into 1-inch pieces. Cut **chicken thighs** into 1-inch pieces, if necessary.



2. Assemble skewers

Preheat grill or grill pan to medium-high and lightly oil grates. In a large bowl, combine **peppers, onions, chicken, 2½ teaspoons za'atar spice blend, 1 tablespoon oil, ½ teaspoon salt, and a few grinds pepper**, and toss to coat. Thread chicken and vegetables on **skewers** alternating between peppers, onions, and chicken.



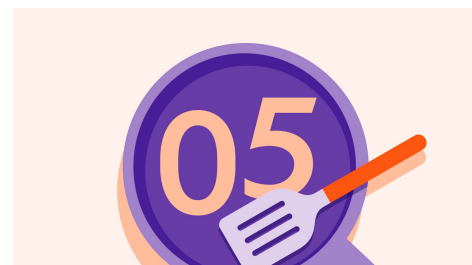
3. Grill souvlaki

Place **skewers** on grill or grill pan and cover with a lid or rimmed baking sheet. Grill, turning occasionally, until **chicken** is cooked through, and **vegetables** are charred, 10–15 minutes.



4. Prep romaine & dressing

While skewers grill, halve **romaine** lengthwise, then cut crosswise into 1-inch pieces, discarding end. In a large bowl, whisk together **1 tablespoon vinegar** and **2 tablespoons oil**; season to taste with **salt** and **pepper**. Reserve **1 of the tablespoon dressing** in a small bowl.



5. Finish & serve

Add **romaine** to the large bowl and toss to coat with **most of the dressing**. Drizzle **chicken souvlaki skewers** with **reserved dressing** and serve with **salad** alongside. Enjoy!



6. Make it ahead!

Assemble the skewers ahead of time and keep them in an airtight container in the fridge. Allow to come to room temp about 30 minutes before grilling.