

# DINNERLY



**NO ADDED GLUTEN**

**LOW CALORIE**

## Chicken Souvlaki Skewers

with Bell Peppers & Red Onions



30-40min



4 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

- za'atar spice blend <sup>11</sup>
- green bell pepper
- large red onion
- romaine heart
- cubed boneless, skinless chicken thighs
- 8" skewer

## WHAT YOU NEED

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

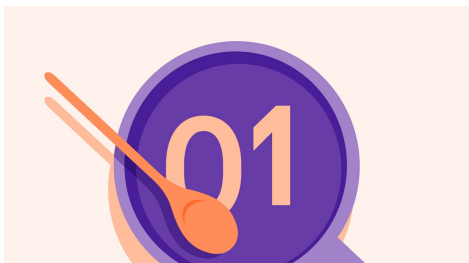
## TOOLS

### ALLERGENS

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

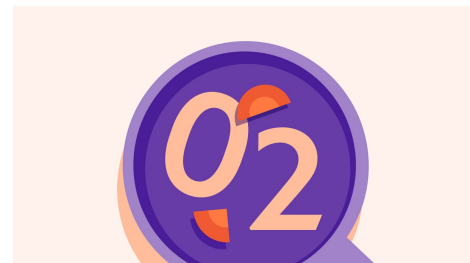
### NUTRITION PER SERVING

Calories 420kcal, Fat 28g, Carbs 16g, Proteins 29g



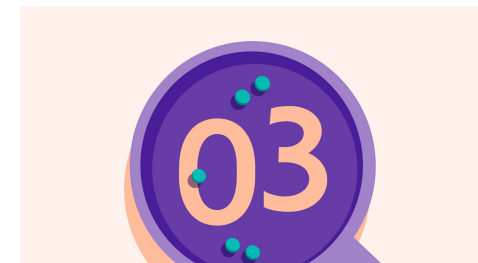
### 1. Prep ingredients

Halve **peppers**, remove stem, 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, 1½ tablespoons za'atar, 2 tablespoons oil, 1 teaspoon salt, and a few grinds pepper**, and toss to coat. Thread chicken and vegetables on **skewers** alternating between the three.



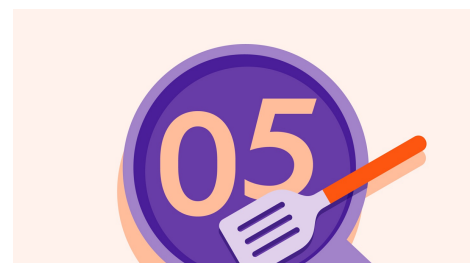
### 3. Grill souvlaki

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



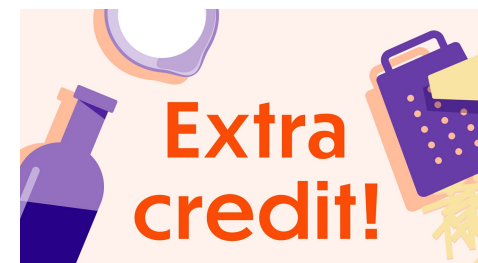
### 4. Prep romaine & dressing

Meanwhile, halve romaine lengthwise, then cut crosswise into 1-inch pieces, discarding ends. In a large bowl, whisk together **2 tablespoons vinegar** and **3 tablespoons oil**; season to taste with **salt** and **pepper**. Reserve **2 tablespoons dressing** to a small bowl.



### 5. Finish & serve

Add **romaine** to the large bowl and toss to coat with **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.