

Shish Tawook



5 from 771 votes

Try this Authentic Shish Tawook recipe - a popular Lebanese grilled chicken skewers recipe. It's tender juicy chicken marinated in yogurt, lemon and garlic.

 Course	Main Course
 Cuisine	Mediterranean
 Prep Time	10 minutes
 Cook Time	18 minutes
 Total Time	28 minutes
 Servings	6 servings
 Calories	276kcal
 Author	Yumna Jawad

Equipment

- [Mixing Bowl Set](#)
- [Grill Pan](#)

Ingredients

- 2 pounds boneless skinless chicken breast cut into large chunks
- ½ cup plain whole milk yogurt
- ¼ cup lemon juice
- ¼ cup [olive oil](#)
- 6 garlic cloves crushed
- 1 tablespoon [tomato paste](#)
- 1 teaspoon [paprika](#)
- ¾ teaspoon [cinnamon](#)
- ½ teaspoon [oregano](#)
- ½ teaspoon [ground ginger](#)
- 1 teaspoon [salt](#)
- ¼ teaspoon [black pepper](#)

Instructions

1. In a large bowl, add the ingredients for the marinade (yogurt, lemon juice, olive oil, garlic, tomato paste, all the seasoning and salt/pepper) and whisk to combine.
2. Place the chicken cubes in the same bowl and coat the chicken in the marinade. Cover, and let rest/marinate in the fridge for at least 4 hours.
3. Thread the chicken on skewers right before grilling. Add one wedge of onions to each skewer, if desired.
4. Grill on medium heat for 5-8 minutes per side.
5. Serve with pita bread, lettuce and garlic sauce, if desired.

Notes

Storage: Store any leftovers in an airtight container. They will last about 3-4 days in the fridge.

Equipment: If you want to make these on grill pan, I highly recommend the [Anolon grill pan](#) that I use (affiliate link)

Make Ahead: You can make the marinade about 3 days in advance and you can marinate the chicken in the marinade for up to 24 hours in advance.

Nutrition

Calories: 276kcal | Carbohydrates: 4g | Protein: 33g | Fat: 14g | Saturated Fat: 3g | Cholesterol: 99mg | Sodium: 595mg | Potassium: 648mg | Fiber: 1g | Sugar: 2g | Vitamin A: 270IU | Vitamin C: 7mg | Calcium: 44mg | Iron: 1mg