

LEBANESE GRILLED CHICKEN & VEGETABLES

Makes 4 Servings



Kansas City

Presenting a flavorful, grilled Middle Eastern spice-rubbed chicken served alongside grilled summer vegetables and pita. This exotic dish won't disappoint.

INGREDIENTS

- 4 boneless chicken thighs or breasts

FOR THE LEBANESE DRY RUB

- ¼ teaspoon cardamom, ground
- ¼ teaspoon coriander, ground
- 1 teaspoon cinnamon, ground
- 1 teaspoon turmeric
- 1 tablespoon sugar
- 1-4 teaspoons Kosher salt
- ¼ teaspoon black pepper
- Pinch of crushed red chili flakes

FOR THE PITA

- 4 whole wheat pita breads
- 1 bunch asparagus, ends trimmed
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- ¼ cup red onions, sliced
- 1 zucchini, sliced 1 squash, sliced
- Olive oil, as needed
- Salt, to taste

GARNISH

- Greek nonfat plain yogurt
- Fresh chopped soft herbs (parsley, cilantro, chives, etc.)
- Sesame seeds
- Tahini
- Mixed olives
- Favorite spicy sauce

METHOD OF PREPARATION

1. Light the outdoor grill, using a combination of charcoal and wood. Make sure to open the bottom air vents.
2. Season chicken lightly with olive oil and the dry rub.
3. Season vegetables lightly with olive oil, salt, and pepper.
4. Once the grill is hot and coals are ready, begin grilling chicken in the center, or hottest, part of the grill.
5. Place the vegetables around the edge of the grill, where it's coolest.
6. Cover with lid and ensure that the air vents are open on the top and bottom.
7. After 2-4 minutes, open the lid and flip/rotate everything. Place the lid back on top. Cook for another 2-4 minutes and repeat.
8. Once vegetables are cooked and tender to the touch, remove and reserve warm.
9. Once chicken is cooked and has reached an internal temperature of 165 degrees, remove and reserve warm.
10. Toast pita on grill. To ensure that it doesn't burn, grill for 30-90 seconds on both sides.
11. Slice the chicken, and plate it with the veggies and pita, then garnish as desired.
12. *Enjoy!*



CHEF NOTES

In Middle Eastern cultures, pita bread is torn with hands and not cut by a knife. So, save your knife for the chicken and veggies.

Bon Appétit!

— Chef Kyle Williams

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