

# Low-Carb Tandoori Chicken Kebabs

Hands-on 15 minutes Overall 3-12 hours

**Nutritional values (per serving, 2 skewers):** Total carbs: 9.5 g, Fiber: 2.1 g, **Net carbs: 7.4 g**,

Protein: 43.9 g, Fat: 20.8 g, Calories: 404 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 2 servings, 4 skewers)

### Kebabs:

- 2 medium chicken breasts (340 g/ 12 oz)
- 1 small zucchini (courgette), cut into ribbons (100 g/ 3.5 oz)
- 1 small red onion, cut into wedges (60 g/ 2.1 oz)
- 1/4 tsp cracked black pepper

### Marinade:

- 1 1/2 garlic cloves, finely chopped
- 1 small red chilli, finely chopped
- 1 tbsp grated ginger
- 1 tbsp fresh lemon juice
- 1/2 tsp fresh lemon zest
- 3 heaped tbsp full-fat Greek yoghurt (90 g/ 3.2 oz)
- 1/2 tsp [cinnamon](#)
- 1/2 tsp cumin
- 1/2 tsp ground coriander
- 1/2 tsp paprika
- 1/8 - 1/4 tsp [turmeric powder](#)
- 1/8 tsp cayenne pepper
- 1/4 tsp saffron strands
- 1/4 tsp sea salt, or to taste

### To serve:

- 2 tbsp [extra virgin olive oil](#)
- Optional:* [crispy greens](#), zucchini ribbons and [pine nuts](#)

## Instructions

1. Chop the chicken into ~ 2 cm/ 1 inch cubes. Mix the garlic, chili and ginger in a pestle and mortar.
2. Add to a bowl and mix with the lemon juice and zest, yoghurt,

spices and seasoning.

3. Add the marinade to the chicken and leave in the fridge for at least 2 hours or overnight to enhance the flavour.
4. Remove the chicken from the fridge and bring to room temperature.
5. Make the zucchini ribbons using a vegetable peeler.
6. Thread metal skewers with chicken, zucchini ribbons and red onion.
7. Line a baking tray with grease proof paper, add the kebabs and grill for 20 – 25 minutes until crisp and cooked through. Turn every 5 - 10 minutes for even cooking. Ensure the tray isn't too close to the top of the grill to prevent charring.
8. Drizzle with olive oil. Optionally, serve with [crispy greens](#), zucchini ribbons and pine nuts. These kebabs are best served fresh or can be stored in the fridge and enjoyed next day.

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