

Sheet Pan Chicken Souvlaki

Created for The Inner Table and paired with creamy tzatziki, this sheet pan chicken souvlaki is a protein-packed meal layered with bright Mediterranean flavors, heart-healthy olive oil, fiber-rich garbanzo beans, and warming spices that bring both nourishment and comfort to the table.

INGREDIENTS

2 cups grape tomatoes, halved
1 large leek, thinly sliced
1 15 ounce can garbanzo beans, drained and rinsed
1 cup pitted olives, of preference
2 tablespoons extra virgin olive oil
1 teaspoon smoked paprika
1 teaspoon ground cumin
1 tablespoon fresh oregano, picked
2 pounds boneless chicken breast, cleaned, large dice
2 lemons, for cleaning chicken
2 teaspoons salt, for cleaning chicken

FOR MARINADE

1/4 cup extra virgin olive oil
1 lemon, juiced
1 teaspoon smoked paprika
1 teaspoon ground cumin
1 tablespoon fresh oregano, rough chop
1 teaspoon salt

SERVES

6

TIME

45 MIN

SHOPPING LIST

1 pint grape tomatoes
1 large leek
1 15 oz can garbanzo beans
1 jar pitted olives
1 bottle extra virgin olive oil
1 jar cumin, ground
1 jar smoked paprika
1 bunch oregano
2 lbs boneless chicken breasts
3 lemons
salt

EQUIPMENT

Bowl to marinate chicken
Skewers
1/2 sheet pan
Parchment paper

STORAGE

Store in air tight container in fridge for 3-5 days

STEP 1

Preheat oven to 375°.

STEP 2

Line a half sheet pan with parchment paper. Add the garbanzo beans, tomatoes, leeks, and olives. Drizzle with olive oil and season with paprika, cumin, and oregano. Toss well to coat evenly, then spread the mixture into a single layer on the pan.

STEP 3

To clean the chicken, place the breasts in a large bowl with cold water, lemon juice, and salt. Let sit for 3–5 minutes. Rinse each breast under cold water, then place on a paper towel-lined cutting board and pat dry thoroughly.

STEP 4

Trim the chicken and cut into large chunks. Transfer to a large bowl, add the marinade ingredients, and toss well to coat evenly.

STEP 5

Thread the chicken onto skewers, filling each about three-quarters full. Leave a small amount of space between each piece to ensure even cooking.

STEP 6

Place the skewers on top of the vegetable-lined sheet pan and roast in the preheated oven for 25 minutes, turning the skewers halfway through cooking. Switch the oven to broil and cook for an additional 2–3 minutes, or until the chicken is lightly charred and cooked through. Serve with tzatziki.