

Grilled Chicken Kebabs with Saffron Aioli

These grilled chicken kebabs are proof that healthy cooking never has to compromise on flavor. A bright Mediterranean-inspired marinade of lemon, garlic, herbs, and extra virgin olive oil keeps the chicken tender and juicy, while a creamy saffron aioli adds a luxurious finishing touch. Rich in high-quality protein and made with wholesome ingredients, this colorful dish is perfect for effortless entertaining or a nourishing weeknight meal. Leftovers? Turn into chicken salad with the aioli!

INGREDIENTS

1.5 lbs boneless chicken breasts, cut into 1.5" chunks

1 teaspoon salt, for cleaning chicken

1 lemon, juiced, for cleaning chicken

FOR THE MARINADE

1.5 tablespoons extra virgin olive oil

2 cloves garlic, minced

1 lemon, juiced

1/2 teaspoon smoked paprika

1/2 teaspoon dried oregano

1/2 teaspoon kosher salt

1/4 teaspoon fresh ground pepper

metal or wooden skewers

FOR THE AIOLI

1 cup mayonnaise, high quality

2 cloves garlic, minced

1 tablespoon lemon juice

1/2 teaspoon saffron threads, with 1 teaspoon of warm water to steep

1 teaspoon Dijon mustard

kosher salt, to taste

SERVES

6

TIME

30 MIN

SPECIAL EQUIPMENT

Metal skewers (or wood but be sure to soak in water)

STORAGE

Store in an airtight container in the fridge for 2-3 days

METHOD

1. To clean the chicken, place the chicken breasts in a large bowl and toss with the lemon juice and salt. Rinse thoroughly under cold running water, then pat dry with paper towels.
2. In a large bowl, whisk together the olive oil, garlic, lemon juice, smoked paprika, oregano, salt, and pepper. Then cut the chicken into 1½-inch cubes, trimming away any excess fat. Aim for evenly sized pieces so they cook uniformly and thread easily onto skewers. Add the chicken and toss to coat evenly. Cover and refrigerate for at least 1 hour, or up to 8 hours.
3. Place the saffron threads in a small bowl warm water and let steep for 5–10 minutes. In a small bowl, whisk together the mayonnaise, garlic, lemon juice, saffron (with its soaking liquid), and Dijon, if using. Season to taste with salt and pepper. Refrigerate until ready to serve.
4. Thread the marinated chicken onto skewers, leaving a small space between each piece to promote even cooking.
5. Preheat a grill to medium-high heat. Lightly oil the grates. Grill the kebabs for 10–12 minutes, turning every few minutes, until lightly charred and the chicken reaches an internal temperature of 165°F.
6. Arrange the kebabs on a serving platter. Serve with saffron aioli alongside for dipping or drizzling.