

Grilled Chicken Tikka

Doug Keiles, Ribs Within

1.5 Pounds boneless skinless chicken thighs

One lemon Zested and juiced

1 cup Plain full fat Greek yogurt

1 tablespoon minced garlic

1 tablespoon freshly ginger, minced

½ teaspoon ground cumin

½ teaspoon ground turmeric

2 ½ tablespoons cayenne pepper

1/3 teaspoon Kosher salt

1/3 teaspoon fresh ground black pepper

1-2 tablespoons Olive Oil

Fresh lime wedges, for serving

Remove excess fat from chicken and cut into 1" cubes to skewer. Pierce chicken with a fork all over. Place chicken cubes in a medium bowl and toss with fresh lemon juice.

In a large bowl, combine yogurt, garlic, ginger, cumin, turmeric, cayenne, salt and pepper and place pierced chicken in the bowl. Refrigerate for 6 hours.

When chicken is marinated, thread marinated chicken onto metal skewers.

Oil grill well and preheat to medium high. Brush skewers with olive oil and grill until chicken is cooked through or reaches 165 degrees F, turning once.

Serve chicken skewers with fresh lime wedges