

Foodnity Recipes

Easy Sheet Pan Chicken Kebabs

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1½ lbs chicken breast, cut into 1-inch cubes
- [ ] 2 tbsp olive oil
- [ ] 2 lemons, zest and juice
- [ ] 3 garlic cloves, minced
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 1 red onion, cut into wedges
- [ ] 1 bell pepper, cut into 1-inch pieces
- [ ] Fresh parsley, chopped for garnish

Instructions

1. In a large bowl, whisk olive oil, lemon zest, lemon juice, minced garlic, paprika, salt, and pepper. Add the chicken pieces and toss to coat. Let them marinate while you preheat the oven.
2. Preheat the oven to 425°F (220°C). Line a rimmed sheet pan with parchment paper.
3. Spread the chicken, onion wedges, and bell pepper pieces on the pan in a single layer, making sure nothing overlaps.
4. Roast for 20-25 minutes, turning once halfway through, until the chicken is golden and reaches an internal temperature of 165°F.
5. Remove from the oven, sprinkle chopped parsley over the top, and drizzle any pan juices back over the kebabs.

Nutrition per serving

320 kcal	38 g	8 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red-pepper flakes to the marinade.
- For extra caramelization, switch the oven to broil for the last 2 minutes.
- Serve with a side of fluffy rice or crusty bread to soak up the juices.