

Helergon Kitchen

Grilled Greek Chicken Souvlaki Skewers

20 min Prep time	**12 min** Cook time	**32 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Chicken and Marinade

- [ ] 680 g boneless skin-less chicken thighs, cut into 17/8" cubes
- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 2 tbsp red wine vinegar
- [ ] 2 garlic cloves, minced
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried thyme
- [ ] 1 tsp smoked paprika
- [ ] 2 tsp kosher salt
- [ ] ½ tsp freshly ground black pepper
- [ ] Optional: 1 tbsp chopped fresh dill or parsley

For Serving and Garnish

- [ ] 2 cups cooked white rice or mixed greens salad
- [ ] fresh lemon wedges
- [ ] Optional garnish: ¼ cup sliced Kalamata olives
- [ ] Optional garnish: 1/3 cup crumbled feta cheese

Instructions

1. First things first, go ahead and soak your wooden skewers in warm water for at least 30 minutes. It's a little extra step, but honestly, it stops them from burning on the grill. If you've got metal ones, well, you can just skip this and get right to it.

2. Now, let's get the chicken ready. Trim off any extra fat from those chicken thighs and cut them into uniform 17/8" cubes. I find that keeping them the same size is the only way to make sure they all cook evenly.

3. In a large bowl, whisk together your extra-virgin olive oil, fresh lemon juice, red wine vinegar, minced garlic, dried oregano, dried thyme, smoked paprika, kosher salt, and freshly ground black pepper. It smells just lovely once those herbs hit the oil.

4. Add the chicken cubes into the bowl and toss them around until every single piece is well coated. If you're using that fresh dill or parsley, stir it in now for a bit of brightness.

5. Cover the bowl and let it all sit in the refrigerator for at least 30 minutes—though up to 4 hours is even better. It just gives the flavors a chance to really meld together.

6. Preheat your gas or charcoal grill to medium–high heat, roughly 375–400 °F. Give the grates a light brush of oil so the meat doesn't stick; we don't want any accidents!

7. Thread the marinated chicken onto your skewers. Just a little tip: leave about an inch of space between the cubes. It helps them cook through and stay tender.

8. Place the skewers on the grill and cook for 4–5 minutes per side. Turn them just once. You're looking for a nice char on the outside and an internal temperature of 165 °F on your thermometer.

9. Move the skewers to a platter and let them rest for 5 minutes. I know it's hard to wait, but this lets the juices redistribute so the meat stays extra moist.

10. Serve them up immediately over warm white rice or a fresh salad. Finish it off with lemon wedges, sliced Kalamata olives, and crumbled feta for that classic Greek feel.

Nutrition per serving

320 kcal	32 g	8 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Letting the chicken rest for 5 minutes is essential for moisture.
- Wooden skewers must be soaked to prevent flare-ups.
- Using chicken thighs instead of breasts ensures the meat stays juicy under high heat.