



Air Fryer Chettinad Style Spiced Chicken Skewers

with Pitta Breads, Roasted Vegetables and Pickles

Air Fryer Recipe High Protein

Preparation time : 35 min.



- Bamboo Skewers
- Garlic Clove
- British Chicken Thighs
- Greek Style Natural Yoghurt
- Chettinad Style Paste
- Courgette
- Lemon
- Red Onion
- Pitta Breads
- Wild Rocket
- Sugar for the Pickle



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/air-fryer-chettinad-style-spiced-chicken-skewers-143>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Garlic Press, Bowl, Small Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Bamboo Skewers (unit(s))	4	12	16
Garlic Clove (unit(s))	1	1½	2
British Chicken Thighs (unit(s))	4	6	8
Greek Style Natural Yoghurt (grams)	150	225	300
Chettinad Style Paste (grams)	25	37½	50
Courgette (unit(s))	1	1½	2
Lemon (unit(s))	1	1½	2
Red Onion (unit(s))	1	1½	2
Pitta Breads (unit(s))	4	6	8
Wild Rocket (grams)	20	40	40
Sugar for the Pickle (tsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

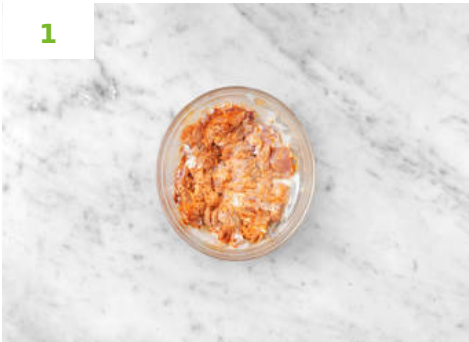
Nutritional values

Per serving	Amount
Energy (kJ)	3398 kJ
Energy (kcal)	812 kcal
Fat	39.4 g
of which saturates	13.9 g
Carbohydrate	60.4 g
of which sugars	17.6 g
Dietary Fibre	7 g
Protein	56.9 g
Salt	2.24 g

Allergens

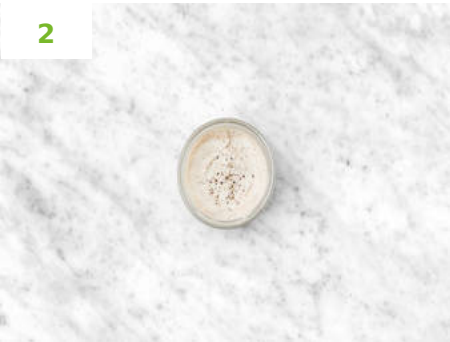
Milk, Wheat, May contain traces of allergens, Celery, Cereals containing gluten, Spelt (wheat)

Always check the product labels for allergen information.



Get Started

Soak your **skewers** in **cold water** to prevent them from burning. Peel and grate the **garlic** (or use a garlic press).
Cut the **chicken thighs** into 2cm chunks. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
Pop the **chicken pieces** into a medium bowl.
In a small bowl, combine the **yoghurt** and **Chettinad style paste**. Season with **salt** and **pepper** and mix well.



Prep Time

Spoon **half** the **Chettinad style yoghurt** into the bowl with the **chicken**. Set the remaining **sauce** aside - this will be your **drizzle** later. **TIP:** Make sure the spoon you use for the chicken doesn't touch the sauce you've set aside!
Add the **garlic** to the **chicken** bowl and drizzle in some **oil**. Mix to completely coat in the **marinade**.
Thread the **chicken pieces** onto the **skewers** (2 per person) and pop them in your air fryer basket. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
Air fry at 200°C until the **chicken** is cooked through and golden, 14-16 mins. Turn the **skewers** halfway through.



In a Pickle

Meanwhile, trim the **courgette** and slice into 1cm thick rounds. Halve the **lemon**.
Halve, peel and slice **half** the **red onion** as thinly as you can. Cut the remaining half into roughly 3cm wedges.
Pop the **sliced red onion** into another small bowl and add a good squeeze of **lemon juice**. Add the **sugar for the pickle** (see pantry for amount) and a pinch of **salt**. Mix together and set aside to pickle.



Air Fry

Once the **chicken** is cooked, remove from the air fryer basket and cover to keep warm.
Pop the **veg** into the air fryer basket. Drizzle with **oil**, season with **salt** and **pepper**, then shake and toss to coat. Spread out in a single layer. **TIP:** Cook in batches if needed.
Air fry at 200°C until tender and lightly charred, 14-16 mins. Give the basket a shake halfway through.
When the the **veg** has a few mins remaining, give the basket a shake and place the **chicken skewers** on top to warm through, 2-3 mins more.



All Together Now

When everything's nearly ready, toast the **pitta breads** in your toaster until golden.
If you don't have a toaster, add the **pittas** to the air fryer for the last couple mins to warm through, 1-2 mins.
Add a squeeze of **lemon juice** to the reserved **Chettinad yoghurt sauce**. Season with **salt** and **pepper** and mix well.



Serve Up

When everything's ready, share the **skewers** and **roasted veg** between serving plates.
Carefully slice a small sliver off the top of each **pitta** to create an opening, then gently insert a knife or a spoon to open up the pocket. These are your **pitta pockets!** **TIP:** If you prefer, keep them whole and serve on the side for dipping and scooping up.
Toss the **rocket** through the **pickled onions** and serve alongside. Drizzle the **yoghurt sauce** over the **skewers** to finish.
Build your **chicken pitta pockets** with the toppings you like best and tuck in!

Enjoy your meal!