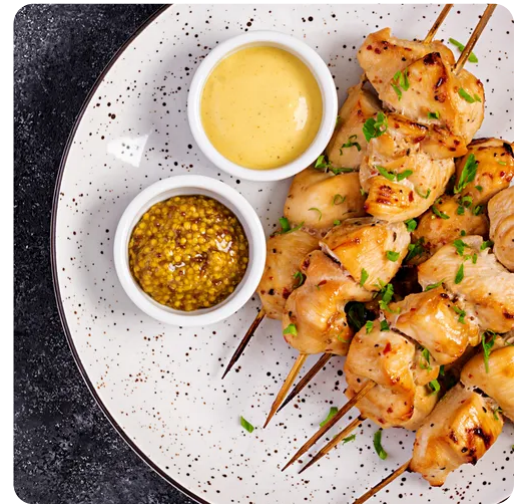# Chicken Kebabs With Sesame Coating

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↑↓ Servings: **4** kebabs

NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
201 kcal	10 g	16 g	4 g	1 g

PREP TIME	COOK TIME	COURSE
20 mins	10 mins	Lunch

INGREDIENTS

- 1 Onion Medium
- 340 g Chicken Ground / mince
- 1 Egg Lightly Whisked
- 1 Tbsp Ricotta Cheese
- 1 Handful Parsley Chopped
- 1 Tbsp Mint Leaves Fresh
- 1 Pinch Salt To taste
- 1 Pinch Pepper To taste
- 2 Tbsp Olive Oil
- 2 Tbsp Sesame Seeds For coating

INSTRUCTIONS

1. Soak wooden skewers in water (this will prevent them from catching fire or splintering).
2. Heat one tablespoon of olive oil in a large skillet (Fry Pan) over medium heat.

3. Add onions and saute for about 6 minutes until translucent. Once cooked, transfer onions to a large bowl and add ground chicken, egg, ricotta, mint, parsley, salt and pepper. Mix until well combined.

4. Place the sesame seeds into a shallow dish and set aside.

5. Using a paper towel remove any stuck onion bits from the skillet. Add the remaining one tablespoon of olive oil and heat over medium-high heat.

6. Scoop two heaping tablespoons of chicken mixture, with dampened hands form a long-shaped meatball around one wooden skewer and drop it immediately into the hot skillet (Fry Pan).

7. You need to be sure to work one kebab at a time (this is very important) the chicken mixture is very wet and tends to fall off the skewer.

8. Cooking right away "seals" the kebab. Repeat the procedure until all kebabs are formed.If your skillet is not large enough to cook all kebabs at once, cook in batches.

9. Cook kebabs for 8 to 10 minutes, turning them often until they have some golden colouring on all sides.

10. Once cooked, roll kebabs into the sesame seeds until well coated. Once complete serve and enjoy!

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KEYWORDS

Lunch