

OVERALL time: 60 mins

Peri Peri Chicken Espetadas & Chickpea Salad

Fiery, flavour-packed **Peri Peri chicken espetadas** grilled to juicy perfection and served with a refreshing **Mediterranean-style chickpea salad**. Tender chicken thighs are marinated in a zesty blend of lemon, chilli, paprika and garlic, then skewered and charred for smoky depth. The chickpea salad brings balance with crisp cucumbers, sweet peppers, red onion, fresh herbs and a vibrant lemon-olive oil dressing. This dish is bold, colourful and satisfying — the perfect mix of heat, freshness and wholesome goodness.

Metric

Number of servings : 8

ingredients

For the Espetadas

- 1.4 Kgs Chicken thighs
- 500 g Double cream plain yoghurt
- 15 ml **Cape Herb and Spice Portuguese Peri Peri Rub**
- 200 g Sun- dried tomatoes, finely chopped up into almost a paste
- 1 Zest and Juice of lemon
- 60 ml Flat leaf parsley, finely chopped

For the Coriander Sauce

- 1 Large bunch of coriander
- 30 ml Olive oil
- 30 ml Lemon juice
- 1 Small clove of garlic
- 10 ml Maple syrup or honey
- to taste, **Cape Herb and Spice Atlantic Sea Salt**

For the salad

- 1 Tin of chickpeas, rinsed and drained
- 1 Large English cucumber, diced
- 200 g Cherry tomatoes

- 1 Red onion, diced
- 100 g Black olives, drained and chopped
- 1 Large green pepper, diced
- To taste, **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- 60 ml White wine vinegar
- 60 ml Olive oil

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 40 mins | COOKING TIME: 20 mins

For the espetadas:

Combine chicken thighs, yoghurt, **Cape Herb & Spice Portuguese Peri Peri Rub**, sun-dried tomatoes, lemon juice, lemon zest and parsley in a large bowl.

Mix well, cover with plastic wrap and refrigerate.

Marinate in the fridge for at least two hours but for the most delicious results, leave in the fridge overnight.

Prepare a braai to medium-low heat.

Thread the chicken thighs onto long metal skewers.

Braai until cooked through, turning occasionally until beautifully browned all over.

If your braai has a lid, closing it will cook the chicken faster and more evenly.

Allow the chicken to rest for 5 minutes before serving.

For the coriander sauce:

Place all ingredients in a tall jug or jar.

Season with a little **Cape Herb & Spice Salt**.

Insert a stick blender and blitz until smooth and saucy.

Add a splash of ice cold water to help things blend well.

For the salad:

Combine all ingredients in a large bowl.

Season well with **Cape Herb & Spice Greek Style Lemon & Herb Rub**.

Drizzle with vinegar and olive oil.

Toss to mix everything together.

To serve:

Plate espetadas onto a platter and drizzle with a good amount of coriander sauce.

Serve alongside the chickpea salad and enjoy!

TOP TIP

For those that aren't a fan of coriander - a combination of fresh basil and mint is a wonderful alternative for this recipe

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Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>