

Mediterranean Chicken Kebabs

By Darcie Kent

Pair with Darcie Kent Estate Winery Stone Patch Cabernet Franc 2019

Serves 4 as an entree.

Ingredients:

- 1/4 cup sour cream or plain yogurt
- 2 tablespoons chopped fresh Italian Parsley, or 1 T dried
- 2 tablespoons fresh lemon juice, reserve 1 teaspoon,
- Lemon, quartered and zested
- 1 Tablespoon DKV olive oil
- 2 cloves garlic, finely chopped
- 1 teaspoons paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon red pepper flakes
- 2 boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 large red or yellow bell pepper, cut into 1 inch pieces
- 1 medium zucchini, cut into 1/4" slices
- 1 cup shiitake mushrooms
- 1 cup cherry tomatoes
- 1 cup Japanese Eggplant, cut into 1/4" slices
- 1 cup basmati rice

Ingredients for the sauce:

- 1 cup sour cream or plain yogurt
- 3 cloves garlic, coarsely chopped
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- 1 tablespoon chives, finely chopped
- Kosher salt and freshly ground pepper to taste

Instructions:

Stir together sour cream, parsley, lemon juice, olive oil, garlic, paprika, cumin, salt, pepper and pepper flakes. Add chicken and toss to coat. Marinate in refrigerator for 20 minutes up to overnight. If using wooden skewers, soak them in water for 20 min.

Preheat cast iron pan or grill. Thread kebabs by alternating chicken cubes and vegetables. Add a small amount of olive oil if using a cast iron pan. Place kebabs on hot surface, turning every 4 minutes. If using a cast iron pan, place a lid over chicken as you cook. Meanwhile, cook rice and prepare the sauce by combining the ingredients until smooth, and adding salt and pepper to taste.

To serve, mound rice on a platter or individual plates and place kebabs on top. Spoon sauce over kebabs. Sprinkle with a garnish of chopped parsley.

