



Air Fryer Grilled Chicken Kebabs

Description

Summertime is the perfect time to fire up the air fryer and whip up some chicken kebabs! These kebabs are easy to make and are sure to be a hit with your friends and family.

Duration:

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 55 minutes

Servings: 6 Servings

Calories: 120 kcal

Ingredients

- 1/2 large lemon
- 1/2 tablespoon honey
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar
- 1/2 tablespoon oregano
- 1/2 tablespoon garlic powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 large chicken breast
- 1 tablespoon parsley diced

Instructions

Combine the marinade ingredients (Lemon juice, honey, balsamic vinegar, oregano, garlic powder, salt, and pepper) in a large bowl or ziplock bag.

On a cutting board, cut chicken breasts into 1-inch cubes. Transfer the cubes to the marinade and place the bowl, covered with plastic wrap, in the refrigerator for at least 30 minutes. It can also marinate overnight.

Preheat the Air Fryer to 400 degrees after the chicken has marinated.

While the Air Fryer is preheating, prepare the chicken skewers. Add approximately 4 chicken cubes to each skewer.

When the Air Fryer is hot, spray or brush the tray with olive oil and place the chicken skewers in a single layer on the tray. Cook the skewers at 400 degrees for 5 minutes, then flip and cook for an additional 5 minutes.

Serve immediately and garnish with fresh chopped parsley! Enjoy!

Category

1. Uncategorized

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