

Shish Taouk Chicken (Low in FODMAP)



Enjoy this traditional Middle Eastern dish without compromise with our recipe designed for digestive well-being and glycemic control. Low in FODMAPs, high in fiber, and low in carbohydrates, this dish is the perfect ally for those sensitive to bloating or abdominal pain, as well as diabetics, combining flavor and health in every bite.

In summer, take the opportunity to cook it on the BBQ!

Preparation 15 min

Cooking 20 min

Servings 6

Nutrition Facts (per serving)

Calories 370

Fat 7

Carbohydrates 40

Fibre 8

Protein 37

Sodium 200

Ingredients

For the marinade

- 125 ml (½ cup) lactose-free 0% m.f. plain Greek yogurt
- 85 ml (⅓ cup) chicken broth*
- 1 lemon, zest and juice

- 15 ml (1 tbsp) dried oregano
 - 15 ml (1 tbsp) smoked paprika
 - 15 ml (1 tbsp) tomato paste
 - 5 ml (1 tsp) ground allspice
 - Pepper and salt, to taste
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- 1 kg (2.2 lb) of chicken breast, cut into cubes of about 2.5 cm (1 inch)

For the sauce

- 165 ml (? cup) lactose-free 0% m.f. plain Greek yogurt
- 60 ml (¼ cup) finely chopped cucumber
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) fresh mint, finely chopped
- 10 ml (2 tsp) garlic scape in oil or 15 ml (1 tablespoon) of garlic-infused oil without pieces
- 2.5 ml (½ tsp) salt

Sides

- 1.5 L (6 cups) green beans
- 375 ml (1½ cups) dry quinoa

Preparation

1. In a large bowl, mix all the marinade ingredients. Add the chicken cubes, cover, and marinate in the refrigerator for 4 to 6 hours.
2. In another bowl, mix all the sauce ingredients. Cover and reserve in the refrigerator.
3. In a large skillet over medium-high heat, cook the chicken cubes for about 8 minutes on each side, until they are well cooked and golden.
4. Meanwhile, cook the quinoa according to the package instructions and steam the green beans.
5. Serve the chicken cubes on a bed of quinoa, accompanied by green beans. Drizzle with the sauce or dip to taste.

Notes

Keeps for 5 days in the refrigerator, in an airtight container. Freezes for up to 3 months.

For a FODMAP-free version, choose a broth without garlic, onions, or fructans, such as [FODY Foods](#). Koala Pro Premium members even get a [discount on their products](#).



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