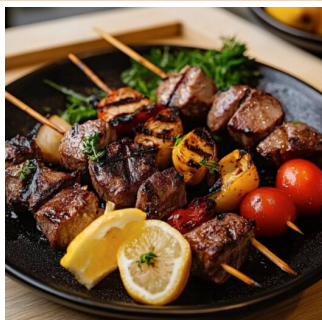


## Easy Grilled Meat Skewers (Chicken, Beef, or Lamb) with Zesty Lemon Marinade

Grilled Meat Skewers with Vegetables and Lemon Garnishes ?



**OVEN**  
**325°F**

**TIME**  
**30 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Marinade:

1 lb (450 g) meat (chicken, beef, lamb, or pork),  
cut into 1-inch cubes

3 tablespoons olive oil

3 tablespoons soy sauce

2 tablespoons lemon juice

2 cloves garlic, minced

1 teaspoon ground cumin

1 teaspoon paprika

1 teaspoon salt

$\frac{1}{8}$  teaspoon black pepper

$\frac{1}{8}$  teaspoon red pepper flakes (optional)

For the Vegetables:

1 bell pepper (any color), cut into 1-inch pieces

1 red onion, cut into wedges

1 zucchini, sliced into thick rounds

1 cup cherry tomatoes

Lemon wedges, for garnish

For Serving:

Fresh parsley or cilantro, chopped (optional)

Extra lemon wedges

### DIRECTIONS

- 1.** Marinate the Meat: In a bowl, whisk together olive oil, soy sauce, lemon juice, garlic, cumin, paprika, salt, pepper, and red pepper flakes. Add meat cubes and toss thoroughly to coat. Cover and refrigerate for at least 1 hour (overnight is even better for deeper flavor).
- 2.** Prepare the Vegetables: Chop vegetables into uniform pieces for even cooking. If desired, lightly toss them in olive oil, salt, and pepper.
- 3.** Soak the Skewers: If using wooden skewers, soak them in water for at least 30 minutes to prevent burning.
- 4.** Assemble the Skewers: Preheat grill to medium-high heat. Thread meat and vegetables onto skewers, alternating for even cooking and vibrant presentation.
- 5.** Grill: Place skewers on the grill and cook 10-15 minutes, turning occasionally.
- 6.** Chicken should reach 165°F (75°C)
- 7.** Beef and lamb can be cooked to preferred doneness
- 8.** Look for caramelized edges and beautiful grill marks.
- 9.** Rest and Serve: Remove from grill and rest for 5 minutes. Garnish with chopped parsley or cilantro and plenty of fresh lemon wedges.

### SWAPS & NOTES

Protein options: Chicken thighs stay especially juicy, but sirloin steak or lamb shoulder are fantastic too.

Soy sauce substitute: Use tamari or coconut aminos for gluten-free options.

Vegetable swaps: Mushrooms, eggplant, or pineapple add fun flavor twists.

Make it spicy: Increase red pepper flakes or add a drizzle of hot honey after grilling.

### TIPS FOR SUCCESS

Cut meat and vegetables evenly for consistent cooking.

Don't overcrowd skewers-airflow helps achieve better char.

Oil the grill grates before cooking to prevent sticking.

Let the meat rest before serving to lock in juices.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/easy-grilled-meat-skewers-chicken-beef-or-lamb-with-zesty-lemon-marinade/>