

Easy Garlic Parmesan Chicken Kabobs (The Perfect Summer Grilling Recipe)

Juicy Grilled Chicken Skewers with Parmesan Crust



OVEN
350°F

TIME
30 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

The Protein: 2 pounds chicken breast (cut into 1-inch cubes).

The Marinade: 1/4 cup olive oil, 3 tablespoons minced garlic, 1 tsp dried oregano, and 1 tsp paprika.

The Crust: 1/2 cup grated Parmesan cheese and 1/4 cup breadcrumbs.

The Essentials: Salt, pepper, and fresh parsley for garnish.

The Brightener: 1 lemon, cut into wedges for serving.

DIRECTIONS

- 1. Marinate for Moisture:** Preheat your grill to medium-high heat. In a large bowl, whisk together the olive oil, minced garlic, salt, pepper, paprika, and oregano. Toss your chicken cubes into this mixture. Don't rush this! Let them marinate for at least 15 minutes at room temperature so the oil and garlic can penetrate the meat.
- 2. Thread the Skewers:** Carefully thread the marinated chicken onto your skewers. Try not to "crowd" the pieces too tightly; leaving just a tiny bit of space between cubes allows the heat to circulate and the crust to form on all sides.
- 3. Create the Parmesan Crust:** In a shallow dish (like a pie plate), whisk together the Parmesan and breadcrumbs. Take each skewer and gently press it into the mixture. You aren't just dusting them; you want to firmly press the coating so it sticks to the oil-coated chicken.
- 4. The Perfect Sear:** Place the skewers on the preheated grill. Cook for 4-5 minutes per side. Because of the cheese, you'll want to keep an eye on them-the Parmesan will brown quickly! Flip them carefully using tongs to keep the crust intact. Look for an internal temperature of 165°F (75°C).
- 5. Rest and Garnish:** Remove the skewers from the grill and let them rest on a platter for 3-5 minutes. This is the hardest part, but it's essential for juicy chicken! Garnish with fresh parsley and a heavy squeeze of lemon juice just before serving.

SWAPS & NOTES

The Skewers: If using wooden skewers, be sure to soak them in water for at least 30 minutes before threading the chicken.

This prevents them from burning and snapping on the grill.

The Breadcrumbs: For an even lighter, crunchier texture, you can swap traditional breadcrumbs for Panko.

Keto Version: To make this keto-friendly, omit the breadcrumbs and use a full cup of Parmesan cheese, or use crushed pork rinds as the coating.

TIPS FOR SUCCESS

Clean the Grates: Make sure your grill grates are clean and well-oiled before adding the skewers.

The cheese crust is delicate and can stick if the surface isn't prepped.

Uniform Cubes: Cut your chicken into even 1-inch pieces.

If some are huge and some are tiny, the small ones will dry out before the large ones are safe to eat.

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

Original recipe: <https://chefmaniac.com/easy-garlic-parmesan-chicken-kabobs-the-perfect-summer-grilling-recipe/>