

*Chef Reilly's*

## KEFTA- KABABS

~CHICKEN~

4 Cloves Garlic Minced  
1 Pound Ground CHICKEN  
1/2 Cup Finely Chopped Onion  
1/2 up Finely Chopped Parsley  
1/4 Cup Finely Chopped Mint  
4 Tbls Falafel Seasoning  
1 Tsp Seal Salt and 1 Tsp Pepper  
Reilly's Secret Ingredient CAJUN  
SEASONING about 2 Tsp

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Serve on a Bed of Spring Mix,  
Salad, or try it with Tahini or  
Hummus. You're going to  
LOVE IT!

*-Chef Reilly*



# KEFTA KEBAB



Finely chop the Garlic, Onion, Parsley, Mint, and Cajun Seasoning. Mix all of the ingredients into the Chicken. Form the mixture into balls (number will depend on size). Form each ball around the tip of the skewer, flattening into a 2 inch oval; repeat with the remaining skewers. Place the kebabs onto a baking sheet, over, and refrigerate at least 30 minutes, or



Pre-heat an outdoor grill for medium heat, and lightly oil grate. Use a charcoal grill if possible for better flavor.



Cook the skewers on a pre-heated grill, turning occasionally, until the Lamb has cooked to your doneness, about 5-8 minutes.



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