



Spicy Grilled Harissa Chicken

The Sizzle That Started It All

The first time I tasted spicy grilled harissa chicken, the smoky scent hooked me. Charred edges, juicy inside, with a kick that made my lips tingle. **Ever wondered how to turn plain chicken into something unforgettable?** This recipe does it. The yogurt keeps it tender, while harissa brings the heat. One bite, and I was sold.

My First Kabob Disaster

My first try? I forgot to soak the skewers. They caught fire, and I had to scrape charred bits off the grill. **Home cooking teaches patience—and laughter fixes most mistakes.** Now I set a timer for soaking. The chicken still turned out tasty, just extra “rustic.” Share your kitchen blunders below!

Why This Combo Works

– Yogurt tenderizes the chicken, so it stays moist even on the grill. – Harissa’s smoky heat balances the lemon’s bright zing. **Which flavor combo surprises you most?** Try it with a cooling cucumber salad. The contrast is magic.

A Taste of North Africa

Harissa hails from Tunisia, where spices like cumin and chilies shine. *Did you know it’s often called “red gold” there?* This dish packs tradition into every bite. Street vendors grill it over open flames. Want to explore more global flavors? Tell me your favorite!



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Ingredients:

Ingredient	Amount	Notes
Chicken breasts	4	Cut into 2 inch cubes
Plain Greek yogurt	2 cups	
Lemon juice	3 tablespoons	
Harissa Sauce	1 cup	
Cooking Spray	As needed	
Skewers/Kabobs	8-10	

How to Make Spicy Grilled Harissa Chicken

Step 1 Mix chicken, yogurt, lemon juice, and harissa in a bag or bowl. Coat every piece well. Let it sit for 30 minutes. This tenderizes the meat and amps up flavor. (Hard-learned tip: Use gloves—harissa stains!)

See also Creamy Tangy Baked Chicken Gloria

Step 2 Soak wooden skewers in water to prevent burning. Thread chicken onto them, leaving gaps. Even spacing means even cooking. No one likes half-raw chunks. **Step 3** Heat grill to medium-high (350°F).

Cook kabobs 15 minutes, turning often. Chicken's done when juices run clear. Don't overcook—dry chicken is sad chicken. **Step 4** Let kabobs rest 10 minutes before serving. Patience rewards you with juicy bites.

Fun fact: Resting locks in juices. **What's your grill**

nemesis—timing, flare-ups, or sticking? Share below! **Cook Time:** 15 minutes **Total Time:** 45 minutes (plus marinating) **Yield:** 4 servings

Category: Dinner, Grilling

3 Twists on Harissa Chicken

Vegetarian: Swap chicken for tofu or cauliflower. Marinate just like the original. Grill until charred and tender. **Extra Spicy:** Double the harissa or add cayenne. Not for the faint of heart. Serve with cooling yogurt dip. **Summer Citrus:** Add orange zest to the marinade. Brightens the heat with sweet tang. Perfect for patio meals. **Which twist would you try first?** Vote in the comments!

Serving & Sipping Ideas

Pair kabobs with fluffy couscous or grilled veggies. Sprinkle fresh cilantro on top. For drinks, try mint lemonade or a crisp lager. **Which would you choose tonight?** Tell us below!



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Storing and Reheating Tips

Keep leftover kabobs in the fridge for up to 3 days. Use airtight containers to lock in moisture. Freeze uncooked marinated chicken for 2 months—thaw overnight before grilling. *Fun fact: Yogurt marinades tenderize meat like magic!* Reheat grilled chicken on low heat to avoid drying out. Batch-cook extra skewers for quick weekday meals. Why this matters: Prepped food cuts dinner stress in half. Ever tried freezing kabobs? Share your tricks below!

See also [Classic Crispy Salmon Patties for Supper](#)

Troubleshooting Common Issues

Chicken dry? Overcooking is likely. Use a meat thermometer—165°F is perfect. Sauce too spicy? Mix in extra yogurt to cool it down. Skewers burning? Soak wood sticks longer or use metal ones. Why this matters: Small fixes save your meal from disaster. My neighbor once grilled kabobs blind—charred outside, raw inside! What's your biggest grilling fail?

Your Questions Answered

Q: Can I make this gluten-free? A: Yes! Harissa and yogurt are naturally gluten-free. Check labels to be safe. **Q: How early can I prep the marinade?** A: Marinate chicken 2 hours ahead or overnight for deeper flavor. **Q: What swaps work for harissa?** A: Try sriracha or chili-garlic paste. Adjust to taste—start with half the amount. **Q: Can I double the recipe?** A: Absolutely! Use two bowls or bags to mix evenly. **Q: Best side dishes?** A: Cool cucumber salad or fluffy couscous balances the heat. Vote: Rice or quinoa?

Final Thoughts

This recipe's a weeknight hero—flavorful, fast, and foolproof. **Tag @SavoryDiscovery on Pinterest with your kabob pics!** Your twists inspire my next kitchen experiment. Happy cooking! —Elowen Thorn.

You need to try !



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Spicy Grilled Harissa Chicken

Author: Elowen Thorn

Cooking Method: [Grilling](#)

Cuisine: [Mediterranean](#)



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Courses: [Dinner](#) [Main](#)

Difficulty: **Beginner**



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Prep time: **15 minutes**



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Cook time: **15 minutes**

Rest time: **10 minutes**



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Total time: **40 minutes**



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Servings: **4 servings**

Calories:**320 kcal**

Best Season: **Summer**

Description

Experience the bold flavors of this Spicy Grilled Harissa Chicken,

featuring tender chicken marinated in Greek yogurt and harissa sauce.

Ingredients

- ☐ 4 chicken breasts (cut into 2 inch cubes)
- ☐ 2 cups plain Greek yogurt
- ☐ 3 tablespoons lemon juice
- ☐ 1 cup Harissa Sauce
- ☐ Cooking Spray
- ☐ 8-10 Skewers/Kabobs

Instructions

1. Combine the chicken, yogurt, lemon juice and harissa sauce in an airtight plastic bag or large mixing bowl. Massage into the chicken to cover.
2. Soak 10-15 wooden kabobs in water for at least 30 minutes. Thread the chicken onto kabobs, leaving a small space between each chunk to ensure the chicken cooks evenly.
3. Heat the grill to medium-high heat (approximately 350°F). Cook the kabobs on grill for 15 minutes, turning occasionally until chicken is done and juices run clear.
4. Remove and allow to rest for 10 minutes before serving.
5. If you've tried this recipe, come back and let us know how it was in the comments or star ratings.

Notes

For best results, marinate the chicken for at least 2 hours or overnight for deeper flavor.

Keywords: Chicken, Harissa, Grilled, Spicy, Kabobs

See also Grilled Honey Garlic Chicken with Caramelized Flavor