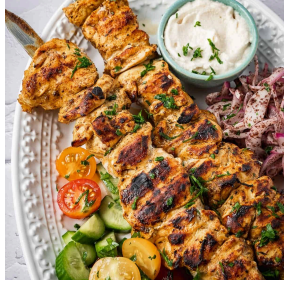


URBAN FARM & KITCHEN

Grilling Meal Plan 4: Chicken Shish Tawook



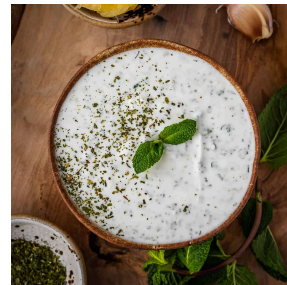
Authentic Shish Tawook (Grilled Chicken Skewers)



Middle Eastern Vegetable Rice Pilaf



Tahini Salad (Levantine Salata with Cucumber and Tomato)



Mint Yogurt Sauce (with Garlic and Lemon)

URBAN FARM & KITCHEN

Grocery List

Produce

- Lemon juice 0.25 cups
- Lemon zest 1 tablespoon
- Garlic cloves 8 cloves
- Onion 1 medium
- Fresh Parsley 1 bunch
- Tomatoes 3 medium
- Persian cucumbers 3 count
- Red bell pepper 1 count
- Red onion 0.5 count
- Flat leaf parsley 0.25 cups
- Fresh Mint 2 tbsp

Pantry

- Olive oil 4 tablespoon
- Tomato paste 1 tablespoon
- Kosher salt 1 teaspoon
- Basmati Rice 1 cups
- Salt 1.25 tsp
- Canned Black Beans 1 cups
- Tahini 0.25 cups

Meat & Seafood

- Chicken breasts 4 each

Spices & Seasonings

- Dried oregano 1 teaspoon
- 7-Spice (Baharat spice) 1 teaspoon
- Turmeric powder 1 teaspoon
- Black pepper 1.75 teaspoon
- Chili flakes 2 teaspoon
- Ground Coriander 1 tsp
- Garlic Powder 0.5 tsp
- Sumac 1 count
- Dried Mint 2 tsp

Dairy & Eggs

- Yogurt 1 cups

Other

- Chicken Broth 1.5 cups

Frozen Foods

Mixed Frozen Vegetables 1 cups

Shop ingredients on [amazonfresh](#)

Shop ingredients on [instacart](#)