



CHICKEN & VEGETABLE KEBABS – MAKES 8

A great.



INGREDIENTS

- 2 chicken breasts
- 1 yellow or orange pepper
- 1 red onion
- 1 courgette

Marinade

- 2 tbsp soy sauce
- 1 tbsp honey
- 1 garlic clove crushed
- 1 lime juice
- 1cm grated ginger

ALLERGENS

Contains soy

DIETARY COMPONENTS

Chicken is one of the best sources of protein on the planet. It is lower in saturated fat than red meat, it contains a better balance of amino acids than plant proteins, and it's much more versatile than fish.

EQUIPMENT

- Mixing bowl
- Chopping board
- Knife
- whisk
- Wooden or metal skewers
- Juicer
- Baking tray
- Garlic press
- Microplane
- Measuring spoons
- Vegetable peeler

METHOD

1. Place 8 wooden skewers in cold water on a tray to soak. This prevents them burning when cooking.
2. Into a mixing bowl, prepare the marinade ingredients and whisk to combine.
3. Prepare the chicken breast by cutting into 1 cm slices. Place into the marinade, mix and cover, then place into the refrigerator. (The longer it is left to marinade, the better).
4. Cut the pepper in half and remove the seeds and cut into 2.5cm chunks.
5. Peel the onion and cut into thin wedges.
6. Cut the courgette into 1 cm slices.
7. Remove the skewers from the tray.
8. Divide and thread the ingredients equally between the skewers. Don't push them together too closely, otherwise they won't cook properly. Place onto a baking tray.
9. Heat the grill then place the kebabs under to cook. Allow 6-7 minutes each side or until the chicken juices run clear.