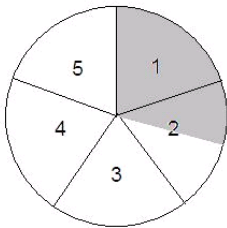


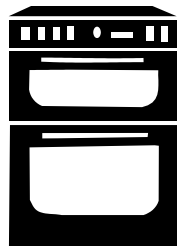
Chicken Kebabs

Serves 2

Portions of fruit & vegetables per serving: $1\frac{1}{2}$



Oven needed



Allergen information:

Allergens are in bold.

May contain celery

May contain mustard

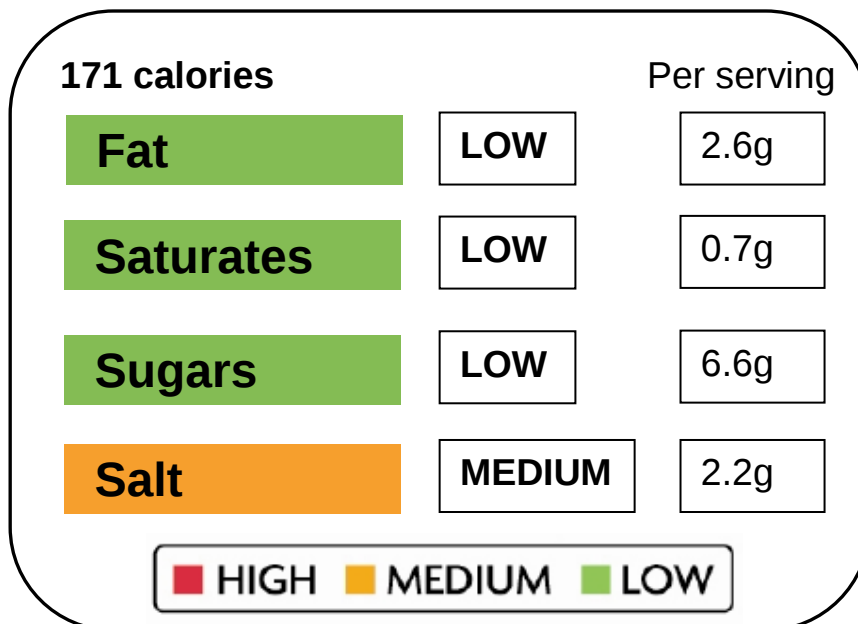
May contain soya

Ingredients	Amount	Preparation
skinless chicken breast	1	cut into cubes
black pepper	$\frac{1}{2}$ teaspoon	
all purpose seasoning or Harissa paste	1 teaspoon	
sweet red pepper	1 medium	cut into chunks
button mushrooms	8	cut in half
cherry tomatoes	8	
<u>Also:</u>		
wooden kebab skewers	4 - 5	soaked in water for 5 minutes

Please Turn Over

Method

- 1 Place the chicken in a bowl and add the black pepper and all purpose seasoning and mix well. Leave to marinate, the longer you can leave it to marinate the better.
- 2 Preheat the oven to 170°C/325°F/gas mark 4 or heat the grill to moderate.
- 3 Thread the chicken and vegetables onto the skewers.
- 4 If using the oven, place the skewers on a baking tray and cook in the oven for 15-20 minutes, or if using the grill place the skewers on the grill rack and grill for 15-20 minutes turning occasionally.



Handy Hints

- Try using different vegetables to give more variety.
- These are quick and easy to make and fun for the kids to help with too.
- Chicken kebabs are great served with potato wedges or rice and vegetables or salad.
- These kebabs are great on the barbecue as well.