

# Spanish Chicken Kebabs

## INGREDIENTS (makes 4)

*For the marinade:*

- 1 dessertspoon vegetable oil
- 1 teaspoon tomato puree
- 1 teaspoon lemon juice
- 2 teaspoons smoked paprika
- ½ teaspoon chilli powder (optional)
- ½ teaspoon mixed herbs
- black pepper

*For the kebabs:*

- 2 chicken breasts – halved lengthways and thickly sliced
- 1 onion – peeled, quartered and split into layers
- 1 pepper – de-seeded and cut into squares



## EQUIPMENT

mixing bowl, dessertspoon, teaspoon, whisk, chopping board, sharp knife, wooden skewers

## METHOD

1. Whisk the marinade ingredients together in the mixing bowl and then add the sliced chicken breast\*. Leave to marinade in the fridge for at least 1 hour.
2. Soak the kebab sticks in water for 10 minutes, then carefully thread on pieces of chicken, sliced pepper and onion until you get to the end of the skewer\*. Repeat the process until you have made 4 kebabs.
3. Cook the kebabs on the barbeque for 10-15 minutes, turning regularly until cooked. Alternatively, place them on a baking tray and bake in a pre-heated oven (200°C) for 15-20 minutes.
4. Once cooked, remove the kebabs from the barbeque and serve with a range of homemade salads.

## HYGIENE NOTE

\* Always remember to wash your hands after touching raw chicken

## ALLERGY AWARENESS!

This recipe contains no known allergens.



HEALTHY RECIPES \* RYSETIAU IACH



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