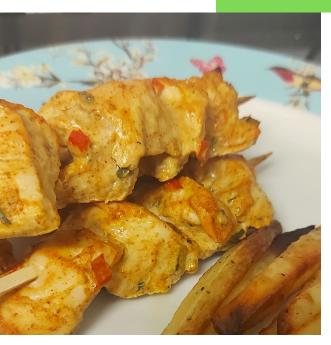
Difficulty: Easy



Time: 30 minutes



Chicken skewers with chips



Allergens: milk

What is it?

A super easy and delicious chicken recipe, with a chance to make your own marinade!

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u> 4 people</u>
Natural yoghurt	3 tbsp	3 tbsp	3 tbsp
Curry powder	1 tsp	1 tsp	1 tsp
Chilli powder	1 tsp	1 tsp	1 tsp
Lemon juice	2 tsp	2 tsp	2 tsp
Coriander	2 tsp	2 tsp	2 tsp
Chicken (diced)	200g	300g	400g
Potatoes	2	2	3

You will also need some oil





Make it your own!

Why not add some cherry tomatoes or colourful peppers to your skewers, alternating between these and the chicken pieces, to make them even more healthy and tasty!

Celebrate Family Food

Charity no. 1125784



What to do:

Step 1: Mix together the yoghurt, curry powder, chilli powder, lemon juice, coriander and red chilli. Marinate the diced chicken in the mixture for 10-15 minutes or as long as you can, the longer the better!

Step 2: Meanwhile, chop the potatoes into wedges or small strips (chip-like shapes) and toss in an oven dish with a little oil, salt and pepper. Leave the skins on the potatoes for extra crispiness! Place the dish in the oven at 200 degrees (gas mark 6) for around 30 minutes.

Step 3: Once the chicken has marinaded, thread it onto the skewers to make kebabs. Place them onto an oven tray or dish and add to the heated oven for 20 minutes (10 minutes into the chips cooking time).

Serve: Check that the chicken is cooked through by removing a piece from a skewer and cutting open (the meat should have no pink remaining). If cooked, remove everything from the oven and dish up a couple of skewers and a handful of chips on a plate. Tuck in, maybe dipping the chips in your favourite sauce!







What did you think of this recipe? Colour in the stars to give it a rating!

