

Delicious Dinners

Chicken Kebabs



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Ingredients

2 chicken breasts
2 tablespoons soy sauce
2 tablespoons honey
2 tablespoons lime juice
1 red pepper
1 small red onion
1 courgette
Handful spinach leaves
Handful pine nuts
1 tablespoon balsamic vinegar
3 tablespoons olive oil
3 cherry tomatoes

Equipment

Skewers
2 bowls
Spoon
Grill
Chopping board
Knife
Frying pan
Whisk

Method

1. If using wooden skewers cover with cold water and allow to soak for 10 minutes before use
2. Mix together the soy sauce, honey and lime juice in a bowl
3. Add the chicken to the bowl and coat in the marinade mixture
4. If possible, cover and refrigerate for 2 – 8 hours to allow the flavours to develop
5. Chop the pepper into bite size pieces and slice the onion and courgette
6. Thread the chicken and vegetables onto the skewers and place under a hot grill until browned and cooked through
7. Whisk together the balsamic vinegar and olive oil in a bowl until thoroughly combined. Add the spinach and coat with the dressing
8. Use the frying pan to toast the pine nuts
9. Arrange the spinach leaves and cherry tomatoes on a plate and pour over any remaining dressing
10. Place the skewers on top of the spinach leaves, sprinkle with pine nuts and serve

