

CHICKEN SOUVLAKI WITH FLATBREADS



At just 75p per portion, these kebabs are perfect for a family meal. Complimented with homemade flatbreads and a tzatziki dip!

Don't feel you need to stick to the recipe precisely; experiment with other spices, or different meats and vegetables; whatever you have!



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; chop using the bridge /claw technique safely; crush garlic; use the hob (with adult supervision).

Equipment: Large pan, wooden spoon, chopping board, knife, tin opener, garlic crusher (optional), tablespoon, measuring jug, fork, measuring spoons, juicer, small bowls, baking tray, skewers.

Allergens*: Gluten, Milk, Sulphites

Ingredients (serves 4):

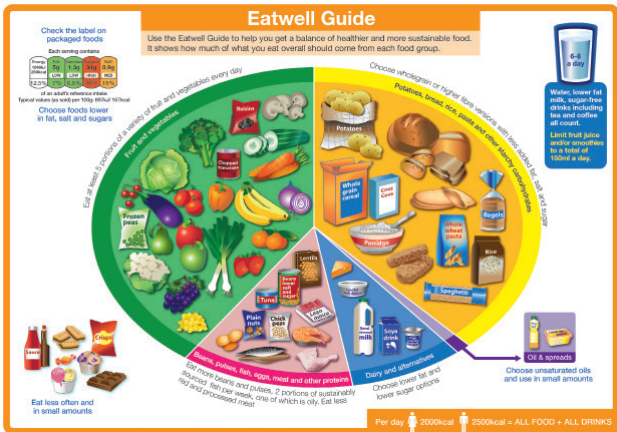
- 400g chicken
- 1 pepper
- 1 onion
- 8 button mushrooms
- 8 cherry tomatoes
- 1 tbsp olive oil
- 3 tsp oregano
- 1 lemon
- 1 tsp paprika
- Salt and pepper
- 2 garlic cloves
- 1 small lettuce
- 250 ml natural yoghurt
- 140g self raising flour
- 1 tsp mint sauce

Method

1. Prepare the ingredients. Peel and crush the garlic, chop the tomatoes, mushrooms, onion and pepper into large chunks, chop the lettuce.
2. Add the garlic, oregano, lemon zest and juice, black pepper, oil and 50ml (1 tbsp) yoghurt to a small bowl and mix together.
3. Dice the chicken into 2cm chunks and add to the small bowl. Coat the chicken in the sauce and leave to marinate.
4. Add the marinated chicken chunks, and vegetables to skewers and place on a baking tray lined with foil. Put the kebabs under the grill, turning occasionally, for 15-20 minutes.
5. Add 100ml yoghurt and the mint sauce to another small bowl and mix together to make the tzatziki dip.
6. In a large bowl, mix the flour and 100 ml yoghurt together with a fork to form a dough. Bring the dough together with your hands and divide into 8 balls.
7. Roll out each ball into circles on a floured surface.
8. Heat a frying pan on a medium heat. Place 1 or 2 breads into the pan at a time. They should sizzle, and bubbles should appear on the surface after 1-2 mins. When the underside is golden, flip it and cook for another 2-3 mins. Continue until all the breads are cooked.
9. Assemble flatbreads with the tzatziki dip, lettuce and grilled chicken and vegetables.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

CHICKEN SOUVLAKI & FLATBREADS Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 379g serving

ENERGY
1920kJ / 458kcal **23%**

MED **FAT**
20g **29%**

LOW **SATURATES**
5.4g **27%**

LOW **SUGARS**
12g **13%**

LOW **SALT**
0.58g **10%**

% of an adult's reference intake
Typical values per 100g : Energy 507kJ /121kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

So, thinking about Chicken Souvlaki...

Chicken is an excellent source of protein and B vitamins as well as a range of minerals (e.g. iron). The skin is high in fat so it's best to remove it before eating.



Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.

