

Kebabs

Serves 4

Ingredients

2 chicken breasts

Selection of vegetables e.g mushrooms, courgette, pepper, onion, baby corn

Pitta breads (try wholemeal)

Salad leaves

Marinade:

1 tbsp soy sauce

1 tbsp runny honey

1 tbsp lemon juice (squeezed)

1 tbsp orange juice (squeezed)

1 tsp vegetable oil



Method

1. Combine the marinade ingredients in a bowl
2. Cut the chicken and vegetables into chunks and add to the marinade. Leave for 30 minutes
3. While the chicken marinades, soak 4 skewers in cold water (stops them burning under the grill later)
4. Preheat the grill to high. Thread alternate vegetables and chicken onto the skewers.
5. Cook under the grill for about 5 minutes on each side
6. Once thoroughly cooked, slide off the skewers and serve in pitta bread with salad