

Kebabs

A delicious alternative from the takeaway – saves money, is totally delicious and packed full of goodness! If you don't like any of the veggies below, just add whatever you do like.



Ingredients to make 4 kebabs

- 2 chicken thighs or 1 pack of halloumi
- 2 red onions cut into quarters
- 1 courgettes cut into 1 inch chunks
- 1 pepper cut into large chunks
- 8 mushrooms
- 4 wooden or metal skewers

For the marinade

- Juice of 2 limes or lemons
- Handful of fresh coriander, parsley or other herbs you like OR 2 tsp dried herbs
- 2 tbsp vegetable oil
- Black pepper

Method

1. If using wooden skewers, soak them in water so they don't catch fire under the grill!
2. Make the marinade by combining all the ingredients in a bowl
3. Slice the chicken or halloumi into large chunks
4. Alternating the veggies and halloumi or chicken, thread about 8 pieces from the ingredients onto the skewers. **BE CAREFUL NOT TO SKEWER YOURSELF THOUGH!**
5. Pour the marinade over the kebabs and if possible, leave for a little while (overnight if you can)
6. Place under a hot grill and grill for about 10 – 15 minutes turning regularly
7. Alternatively, chuck all the ingredients into a frying pan and stir fry until the chicken is cooked through – cut a piece open and ensure there are no pink bits and any juice runs clear
8. Serve with salad, flat breads and humous!