LET'S EAT!

CHICKEN SKEWERS

30 minutes

££



Allergens: dairy

What is it?

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

MAKE IT FUN!

Why not add some cherry tomatoes or colourful peppers to your skewers to make them even more healthy and tasty! You could make different patterns on each stick.

What you'll need:

	For 2 people	3 people	4 people
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 (chopped)	2 tsp	2 tsp	2 tsp
Diced chicken	200g	300g	400g
Potatoes	2	2	3

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

Mix together the yoghurt, curry powder, lemon juice, coriander and chilli powder. Add the chicken and coat in the marinade, pop in the fridge for 10-15 minutes or as long as you can can, the longer the better!

Step 2:

Meanwhile, chop the potatoes into small strips (chips) 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 6) for around 30 minutes.





Step 3:

Once the chicken has marinaded, thread it onto the skewers to make the kebabs. Place them onto an oven tray and add to the heated oven for 20 minutes (10 minutes into the chips cooking time). Check that the chicken is cooked by removing a piece from the skewer and cutting it open it should have no pink in it.

Step 4:

If the chicken is 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 your chips in your favourite sauce or even adding a delicious side salad!



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME 1 2 3 4 5 LET'S MAKE IT AGAIN!