

HI GOOD LOOKING  
It's time to get  
cooking



## Fragrant vegetables with Spicy Chicken Skewers

Serves: 6

Prep time: 30 mins

Cooking time: 15 mins

### INGREDIENTS

- 1 Small tub of yoghurt
- 1 Packet of tandoori marinade
- Pinch of chilli powder
- 500g chicken breast cut into cubes
- 4 Cloves garlic, minced
- 2 Teaspoon ginger, minced
- 2 Zucchini, chopped into 2 cm pieces
- 1 Red capsicum, chopped into 2 cm squares
- 1 Red onion chopped into crescents
- 300g Punnet button mushrooms, cleaned and stalks removed
- 1 Medium broccoli stalk, chopped into florets

### METHOD

1. Mix marinade with yoghurt according to packet directions.
2. In a non-metallic bowl add  $\frac{1}{2}$  of the marinade mixture, place chicken cubes in the marinade and allow it to sit for a minimum of an hour.
3. In another non-metallic bowl add the remaining marinade, ginger and garlic and all of the chopped vegetables allow them to sit for an hour.
4. Thread the chicken onto skewers and BBQ or grill until lovely and golden.
5. In a grill pan, heat a little coconut oil, cook all the vegetables until golden and cooked through. Serve chicken skewers on a bed of grilled vegetables and a simple salad.

