

## BBQ chicken kebabs

*Serves 4*

**450g boneless, skinless chicken breast, cubed**

**1 courgette, cut into chunks**

**1 red pepper, cut into chunks**

**1tbsp olive oil**

**1/2tbsp Schwartz American Barbecue**

**Simply Shake Seasoning**

*To serve*

**Salad**

**1** Place the chicken and vegetables in a bowl and coat evenly with the oil and American Barbecue Seasoning. Thread onto four skewers or kebab sticks, alternating the chicken and vegetables.

**2** Place under a preheated grill for 10-15 minutes, turning occasionally until cooked throughout. Serve the kebabs with a salad.

Fat	6g	Carbs	1g	Energy	207kcal
Protein	36g	Sodium	.1g	Fibre	.1g

