

Chicken tikka kebabs

Serves 10

- ¼ onion, roughly chopped**
- 2 garlic cloves**
- 1tbsp grated fresh ginger**
- 1tsp grated lemon rind**
- 2tbsp lemon juice**
- 1tbsp ground coriander**
- 1tbsp ground cumin**
- 1tbsp garam masala**
- 80ml plain yoghurt**
- salt and pepper**
- 750g boneless chicken thighs or breasts, cut into bite-size pieces**
- 1 large red pepper, seeded and cut into bite-size pieces**

To serve

- Lemon wedges**
- Yoghurt dip**

- 1 Soak ten wooden skewers in water for at least 30 minutes to prevent them from burning as they cook.
- 2 Put the onion, garlic, ginger, lemon rind and juice, coriander, cumin and garam masala in a food processor or blender and process until smooth. Stir in the yoghurt and season to taste.
- 3 Slide the chicken pieces onto the skewers alternately with the pepper and place in a large shallow dish. Spoon the spice and yoghurt mixture over the skewers to coat them on all sides. Cover with clingfilm and leave to marinate in the fridge for a few hours or overnight
- 4 Fry or grill the kebabs, or cook over a hot barbecue, a few at a time, until they are golden brown and fully cooked, three to four minutes on each side. Serve hot with lemon wedges and a yoghurt dip.

Fat	2g	Saturated fat	1g	Energy	100kcal		
Protein	18g	Sodium	.1g	Fibre	0g	Carbs	3g



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