


Yogurt Marinated Chicken Kebabs

Chicken skewers marinated in Lancashire Farm yogurt for a delicious twist.

 TIME TILL READY
1 HR

 SERVES
4

Energy: 2634kJ/630kcal

For more nutritional information please visit www.lancashirefarm.com

Ingredients

- 2 tsp crushed red pepper
- 2 tsp paprika
- 3 tbsp extra-virgin olive oil
- 2 tbsp red wine vinegar
- 225g Lancashire Farm Greek Style Yogurt
- 2 tbsp tomato paste
- 2 tsp salt
- 1 tsp ground black pepper
- 6 peeled garlic cloves
- 2 unpeeled lemons
- 1kg chicken breast cut into 1 1/4 inch cubes

Contains



Method



Step 1

Using the dried, crushed pepper and paprika combination, place in a large bowl and stir in 2 tablespoons of warm water. Let it stand until a paste forms, which will be approximately 5 minutes.



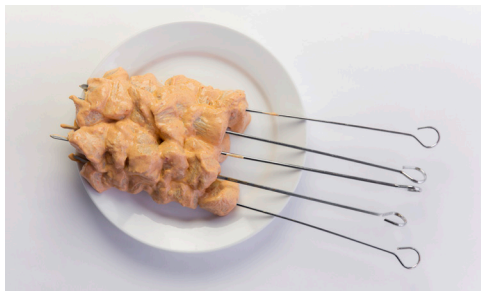
Step 2

Add yogurt, olive oil, red wine vinegar, tomato paste, 2 teaspoons of salt and 1 teaspoon of black pepper to the pepper and paprika spice mixture, already in the bowl; whisk to blend.



Step 3

Stir in the garlic followed by the lemon slices. Finally, add the chicken cubes. Cover and chill for at least 1 hour. These can be made 1 day ahead of a barbecue for example (keep chilled).



Step 4

Thread chicken pieces on metal skewers, dividing equally. Sprinkle each skewer with salt, pepper and paprika. Grill chicken until golden brown and cooked through, turning skewers occasionally, 10 to 12 minutes total.



Step 5

Serve.