

# Marinated Chicken Kebabs

## with Jewelled Rice & Cool Yoghurt Dip



### Ingredients

Serves 4

#### For the Kebabs

400g chicken breast/thigh, roughly cut into 4cm pieces  
Juice of 1 lemon  
2 cloves of garlic, chopped  
1 tsp of smoked paprika  
1 tbsp rapeseed oil  
4 long kebab sticks  
1 pepper, cut into chunks  
8 cherry tomatoes, whole  
120g pineapple chunks (fresh if you can)

#### For the Jewelled Rice

200g dried wholegrain rice  
1 mango, diced  
A handful of pomegranate seeds  
2 handfuls of frozen peas, defrosted  
1 tbsp rapeseed oil  
2 tbsp light soy sauce (reduced salt if possible)  
A squeeze of lemon

#### For the Cool Yoghurt Dip

170g Greek/natural yoghurt  
½ cucumber, coarsely grated and well squeezed out  
1 tbsp fresh mint/dill or 1 tsp dried  
1 tsp honey



### Method

- 1 Mix together the chicken, lemon juice, garlic, oil and paprika. Give the meat a good roll around and leave to marinate.
- 2 If using wooden sticks, soak them in cold water (this stops them burning).
- 3 Cook the rice according to the packet instructions.
- 4 Make the dip by mixing the yoghurt, grated cucumber, herbs and honey.
- 5 Thread the pepper, pineapple, tomato and marinated chicken onto the sticks, alternating the ingredients as you go.
- 6 Pre-heat the grill/griddle/BBQ so that it's very hot. Once hot enough, cook the skewers for 3-4 minutes on each side until the chicken is cooked.
- 7 Whilst the skewers cook, finish the rice by stirring in the peas, pomegranate seeds, mango, lemon juice, oil and soy sauce. Serve along with the skewers and dip and tuck in!