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## The Super Yummy Kitchen

### Family Food Series

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# GROWN UP GUIDE #8

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## THE PLACE WHERE FUN, FOOD AND EDUCATION MEET

A helping hand for parents, carers  
and teachers to use with children,  
alongside the cook-a-long videos,  
recipes and activities of the week in  
The Super Yummy Kitchen

# Grown Up Guide to #8 of Family Food

## Marinated Chicken & Veg Kebabs

Curriculum links:

**PSHE**

Learning about foods that are healthy for the body.

### Introduction

Kebabs are a firm favourite on the high street and on our BBQ's. In fact, they are one of the most popular street foods in the world! The takeaway version can often be full of **saturated fat** and **salt**, so making them at home can be cheaper, tastier and healthier!

The jewelled rice and yogurt dip we have served alongside our kebabs makes this a well balanced meal as it contains all of the food groups: **Rice = Carbohydrate** | **Yogurt = Dairy** | **Tomatoes, Pepper, Pineapple, Pomegranate = Fruits & Veg** | **Rapeseed Oil = Fats** | **Chicken and Peas = Protein**

### Recipe Tips

Remember to soak your wooden skewers in water before cooking – it stops them burning! You can use any of your favourite spices to season the chicken! If you're vegetarian, you can switch the chicken for halloumi or tofu.

We've served our kebabs with rice and a yoghurt dip, but they would also be delicious in a wrap with a crunchy salad, or with corn on the cob and hummus!

### The Activity

For younger children, pre-chop the fruit into bite sized pieces and help with threading the fruit onto the skewer (be careful with the pointy end).

The yogurt dip is not compulsory, but it is delicious!

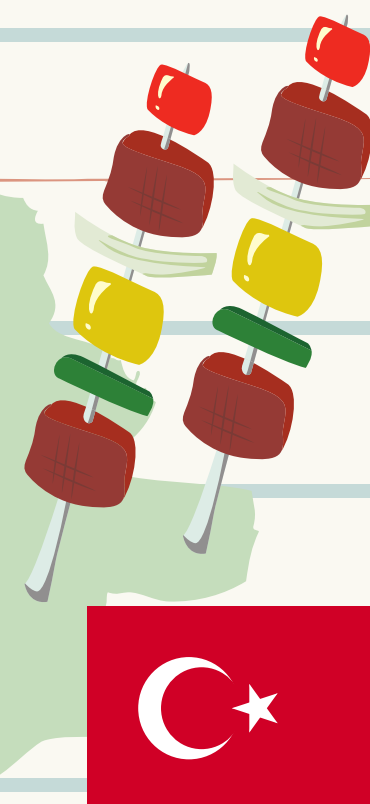
For special occasions, switch the yogurt dip for a little melted chocolate!

### Nutrition Nugget

Chicken is a great source of **lean protein**. It's low in fat and contains some **B vitamins**, essential for the metabolism and maintenance healthy cells.

By adding vegetables to the kebab like peppers, onions, courgette and mushrooms you will increase the amount of **vitamins and fibre** in the dish!

Did you know that kebabs originate from Turkey!



### 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

- Mix together the chicken, lemon juice, garlic, oil and paprika. Give the meat a good roll around and leave to marinate.
- If using wooden sticks, soak them in cold water (this stops them burning).
- Cook the rice according to the packet instructions.
- Make the dip by mixing the yoghurt, grated cucumber, herbs and honey.
- Thread the pepper, pineapple, tomato and marinated chicken onto the sticks, alternating the ingredients as you go.
- 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.
- 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!

Recipe

Activity

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The Super Yummy Kitchen

5 a Day Fruit Kebabs!

Today's curriculum links: **PSHE**

There are lots of different kebabs eaten **all over the world**: Satay, Shish, Shawarma, Doner and Tikka. All are simply meat on a stick or skewer.

You've made your chicken kebabs! Now time to make dessert... **KS1 & KS2**

#### Ingredients

**For the Kebab**  
Wooden Skewer (kebab stick)  
Any fresh fruit you have at home!

**For the Dip**  
Plain Yoghurt  
Orange  
Vanilla Extract (optional)

#### Method

**For the Kebab**  
Wash your hands and the fruit.  
Chop your fruits into 1 inch pieces (get an adult to help).  
Then thread the fruit onto the skewer!

**For the Dip**  
Mix 3 tablespoons of yogurt in a bowl.  
Squeeze the juice of half a small orange or 2 drops of vanilla extract.  
Then give a mix! Dunk your fruit & enjoy!

