

healthy body



healthy mind

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Lemongrass and Chilli Chicken Kebabs

Marinade

2 tbsp olive oil
2 cloves of garlic
1 lemongrass stick
1 chilli (or as much as you can handle)
Juice of 1 lime
Grated ginger (approx. 1cm piece of fresh ginger)
1 tbsp of sweet chilli
Good handful of chopped fresh coriander

Other ingredients

2 chicken breasts (cubed)
1 pepper
1 small red onion
6 cherry tomatoes

Method

Combine the marinade ingredients by blitzing in a mini blender. Ideally marinate the chicken for 4 hours but if time is against you then slashing the cubes and brushing it on before cooking is fine. Arrange chicken and veg on skewers and place evenly under grill. Turn skewers as they brown whilst brushing on more marinade.