



Sticky chicken/vegetable kebabs

Makes 4 kebabs

You will need:

For the marinade

- 3 tblsp tomato ketchup or
- 3 tblsp orange marmalade
- 3 tblsp soft brown sugar
- 1 teaspoon smoked paprika
- ¼ teaspoon dijon mustard
- 1 teaspoon olive oil

For your kebabs

- 1 chicken breast
- Red pepper
- Mushrooms
- Cherry tomatoes

To make your kebabs

- 1 Begin by making the marinade. Measure all the ingredients and combine in a small bowl.
- 2 Wash and chop your chosen vegetables into 2cm chunks.
- 3 Chop the chicken into 2cm chunks
- 4 Add the chopped vegetables and chicken to the small bowl and stir to coat.
- 5 Leave in the fridge for around 20 minutes for the flavours to develop.
- 6 Preheat the oven to 180C/gas 4
- 7 Taking care, thread the chicken and vegetables onto the kebab sticks.
- 8 Place on to baking tray and cook for 20 minutes.
- 9 Check the chicken is cooked all the way through. Enjoy with salad and pitta!