

**Chicken skewers** served with pita bread, red cabbage slaw and tzatziki



**Ingredients** (serves 4)

- 4 skinless chicken breasts
- juice and zest of 1 lemon
- 2 cloves of garlic, crushed
- 1 courgette
- 1 red onion
- salt and cracked black pepper to taste
- a little oil (I like rapeseed oil, but vegetable or sunflower oil will also do)
- a handful of fresh coriander, roughly chopped
- 4 pita breads
- 8 7inch wooden or stainless-steel skewers

**For the red cabbage slaw**

- ½ a red cabbage
- 1 red onion
- 1 tbsp crème fraiche
- 1 tsp wholegrain mustard
- salt and cracked black pepper to taste

**For the tzatziki**

- ½ cucumber
- 100g Greek style yogurt
- juice & zest of 1 lemon
- a handful of fresh mint, finely chopped

**Method**

Preheat the oven to 180C, full fan. Line a large baking tray with baking parchment.

Start by making the marinade for the chicken skewers: in a bowl mix together the crushed garlic cloves, the lemon juice and zest, and a splash of rapeseed oil, season, then set aside.

On a separate chopping board, dice the chicken breasts into roughly 1-inch chunks, then place in the bowl with the marinade and work the marinade all over the diced chicken with a spoon or your fingertips.

On a clean chopping board, top and tail the courgette then slice into ¼ inch discs.

Peel the onion and then quarter. Roughly break the onion quarters apart.

Toss the prepared vegetables in a small bowl together with the seasoning and a splash of rapeseed oil.

Assemble your skewers alternating with chicken and vegetables, then place on the prepared baking tray and cook for about 12 - 15 minutes.

While the chicken is cooking, prepare the slaw: shred the cabbage as finely as you can, peel and slice the onion. Place in a bowl and mix together with the crème fraiche, mustard and seasoning. I find it best to mix the slaw with my fingertips.

For the tzatziki, dice the cucumber into ¼ inch cubes, then in a bowl, mix with the yogurt, lemon juice and zest, and mint.

Pop the pita breads in the oven for a couple of minutes to warm through, which also allows them to “pocket” better. Lay each pita flat on a bread board and slice a strip off the top length ways to make an opening.

Remove the chicken skewers from the oven, the chicken should be firm to touch. Garnish with the roughly chopped coriander and serve with the pita bread, slaw and tzatziki.