

JO's Chicken Kebabs

From *Jamie's Kitchen*.

Planning

serves:	4
prep time:	1½ hrs
cooking time:	10 mins

Ingredients

500g chicken breasts, cut
into 2½cm cubes
4 courgettes, sliced thinly
lengthwise
4 long skewers (or fresh
rosemary sticks, lower
leaves removed)
1 hfl fresh coriander
1 hfl fresh mint
3 cloves garlic, skinned
6 spring onions
1 red chilli
zest & juice of 1 lemon
salt & pepper
olive oil

Method

Blanch the courgette strips briefly in boiling water to make them supple. Drain them and allow them to cool.

In a food processor, blitz together the coriander, mint, garlic, spring onions, chilli, lemon zest and juice, salt and pepper. Loosen the paste with a little olive oil. Add this marinade paste to the chicken pieces and mix well. Allow to sit for about 1 hour, stirring occasionally.

When you're ready to go (preferably with a barbecue), thread the skewers with courgette strips woven between chicken pieces. Grill for between 5 and 10 minutes turning regularly until cooked.