Dinner

Charred chicken and courgette skewers

Chunks of chicken soak up a punchy marinade of toasted seeds, garlic, ginger and chilli before being grilled with courgette rings until browned outside and juicy inside. A squeeze of lemon or lime finishes them at the table.



Nut free | Low sugar

1475 min	205	1.9 g	1.6 g
time	calories	carbs	sugars

Ingredients, 8 servings

For the marinade

- [ ] 2 tbsp toasted coriander seeds
- [ ] 1 tbsp toasted cumin seeds
- [ ] 4 cloves garlic, peeled
- [ ] 4 cm piece ginger, roughly chopped
- [ ] 2 red chillies, deseeded and roughly chopped
- [ ] freshly ground black pepper
- [ ] 1 tbsp sun-dried tomato purée
- [ ] 3 tbsp white wine vinegar
- [ ] 3 tbsp extra-virgin olive oil

For the kebabs

- [ ] 8 small chicken breasts (approx.1kg), cut into 2.5-3.5cm cubes
- [ ] 4 medium courgettes, cut into 2cm thick rings
- [ ] 8 lemon/lime wedges, to serve

Nutrition Facts

Per serving

Calories	205
Total fat	6.9 g
Saturated fat	1.1 g
Sodium	Not listed
Total carbs	1.9 g
Fiber	2.9 g
Total sugars	1.6 g
Protein	32.4 g

Method

- [ ] **1** Grind the toasted coriander seeds and toasted cumin seeds to a powder.
- [ ] **2** Pound the garlic, ginger and deseeded red chillies in a mortar with a pinch of freshly ground black pepper until you have a rough paste.
- [ ] **3** Work in the ground seeds, the sun-dried tomato purée, white wine vinegar and extra-virgin olive oil, then mix in 2 tbsp water.
- [ ] **4** Pour the marinade over the cubed chicken breasts and turn until every piece is coated.
- [ ] **5** Leave to marinate for at least half an hour, or cover and chill for up to 24 hours.
- [ ] **6** Heat a grill or barbecue thoroughly before you start cooking.
- [ ] **7** Thread the chicken onto 8 long skewers or 16 small ones, alternating the pieces with courgette rings.
- [ ] **8** Grill or barbecue for around 10 minutes, turning several times, until browned and cooked through.
- [ ] **9** Serve the skewers hot with the lemon or lime wedges for squeezing over.

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