




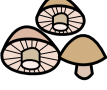





  
Chicken Kebabs


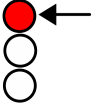





  
Ingredients




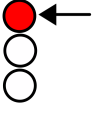


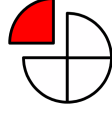
       
chicken breast, onion, pepper, courgette, mushrooms, marinade.



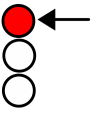


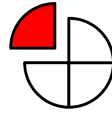
  
Equipment


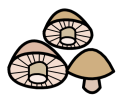


    
chopping board, sharp knife, skewers.


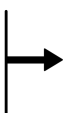


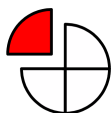
  
Method



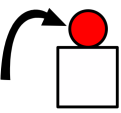




**1**         
1 Wash, top and tail courgette. cut into slices.

**2**     **+**     
2 Wash pepper, remove top and seeds, cut into pieces.

**3**    **+**     
3 Peel onion, top and tail, cut into pieces.




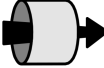
**4**    **+**   
4 Trim mushroom stalk and peel.

**5**       
5 Trim fat from chicken, cut into pieces.

**6**         
6 Thread ingredients onto skewers, in a repeat pattern.

**7**     
7 Add marinade to kebabs.

**8**       
8 Grill or barbeque kebabs until cooked.

**9**      
9 Check chicken is cooked through.

