



Curried Ginger Chicken Kebabs

Serves 2 (each serving contains approximately 440 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

2cm piece fresh root ginger
20g fresh coriander
250g baby courgettes or use 1 courgette
2 carrots
2 boneless and skinless chicken fillets
4 tablespoons natural yoghurt (3% fat) (60g)

2 teaspoons hot curry powder (such as Madras) (10g)
1 lime
1 teaspoon rapeseed oil (5g)
100g wholemeal cous cous
salt (optional) and freshly ground black pepper

Method

Peel the ginger and finely grate. Strip the leaves off the coriander and reserve a small handful to garnish, then finely chop the remainder. Trim the courgettes and if using baby pare into ribbons or cut into the regular one into dice. Trim the carrots and pare into ribbons.

On a clean chopping board, cut the chicken into bite-sized pieces and plate in a bowl. Add the yoghurt, chopped coriander, ginger and curry powder. Cut two wedges for garnish from the lime and then squeeze a teaspoon of juice into the chicken mixture. Season lightly with salt (optional) and freshly ground black pepper. Mix well to combine and set aside for 15 minutes to allow the flavours to penetrate the chicken if time allows or up to 24 hours covered with clingfilm in the fridge is perfect. The longer you leave the chicken in the marinade the more tender the yoghurt will make the chicken.

When ready to cook, preheat a griddle pan over a medium to high heat. Thread the chicken pieces on to 4 x 18cm bamboo skewers, leaving behind any excess marinade as it will burn. Brush the griddle pan with the rapeseed oil and add the chicken kebabs. Cook for 12-14 minutes, turning regularly with a tongs until cooked through and tender. Test with a sharp knife and make sure that the juices are running clear.

Place the cous cous in a bowl and pour over 200ml of boiling water. Cover with a plate and set aside for 5 minutes to allow the water to absorb.

Put the carrots into a steamer and cook for 2 minutes, then add the courgettes and give them another minute until just tender.

Fluff up the cous cous with a fork and fold in the carrots and courgettes. Arrange on plates and add the curried ginger chicken kebabs alongside. Garnish with the reserved coriander leaves and add a lime wedge to each one to serve.