



Although the leaden skies might not look very summery, it is summer and Kebabs seemed like a plan last night. They were really tasty, better than any take away version we've had.

Ingredients:-

2 Chicken Breasts
2 Large Onions, quartered
Mushrooms, quartered
1 Red Pepper, chopped
Chilli Flakes
Soy Sauce
Garlic and Herbs of your choice
Salt & Pepper
Dried Basil
Squeeze of ½ a Lemon

Method:-

- (1) Cut the Chicken into cubes.
- (2) In a large bowl mix the Chilli Flakes, Soy Sauce, Garlic and Herbs, Salt & Pepper, Dried Basil and Lemon Juice.
- (3) Marinade the Chicken in the bowl for a few hours.
- (4) Cook the Chicken in a griddle pan to seal.
- (5) Allow to cool.
- (6) Thread all the ingredients onto skewer.

(7) Grill turning occasionally until the Onions are browned.

We served ours on a bed of Rice with the remaining Marinade used as a Stock, the trimmings from the vegetables and a few Peas for colour.