

Chicken Tikka Kebabs

Ingredients

Chicken Tikka

75g natural yogurt

1 tbsp tikka curry paste

2 boneless, skinless chicken breasts

4 wraps (optional)

Choose from:

1 red or green pepper

1 red onion

8 cherry tomatoes



Aim Higher

Find a recipe for a homemade curry paste to make at home

Equipment

Don't forget a container to take your kebabs home in

Method

1. Put wooden skewers in a bowl of water to soak.
2. Cut the chicken into 2cm cubes
3. Mix the yogurt and curry paste together in a bowl, then add the chicken and mix well to coat it and set to one side.
4. Dice the peppers or onion and halve the cherry tomatoes
5. Shake off any excess marinade, then thread the chicken pieces and pepper onto the pre-soaked skewers. Cook under a medium grill for 15-20 mins, turning from time to time, until cooked through and nicely browned.
6. Use a fork to remove the chicken and vegetables from the skewer.
7. Distribute the kebabs evenly across the wraps if using and roll up.