




PAPRIKA CHICKEN SKEWERS

a delicious, healthy and fun way to enjoy yourself on the go!

 10 minutes
 25 minutes
 1 portion

INGREDIENTS

- 1 chicken breast, skinless, [272 g]
- 1 tablespoon of extra virgin olive oil, plus a little for drizzling
- 1 clove of garlic, crushed
- 1 teaspoon of paprika
- Juice of half a lemon
- Pinch of chilli flakes [optional]
- 1 courgette
- 1 red onion, quartered
- 3 wooden skewers, soaked in water
- 1 tsp salt, to taste

COOKING METHOD

- 1° Dice the chicken breasts evenly, aiming to get about 12 cubes. In a bowl, mix the oil, garlic, paprika, lemon juice, salt, chilli flakes and some seasoning. Add the chicken and toss until well coated. Chop the courgettes into 12 chunks. Toss the courgette and onion in a bowl with a drizzle of oil and some salt and pepper.
- 2° Thread the kebab pieces onto the skewers, alternating the chicken, onion and courgette. Place them on a hot grill for 12-15 minutes, turning every 3-4 minutes. Serve with Roasted potatoes and a dip Enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (927 g)	% DRI
ENERGY	52 kcal	480 kcal	24 %
FAT	2 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	0 g	3 g	16 %
CHOLESTEROL	21 mg	193 mg	64 %
SODIUM	220 mg	2036 mg	85 %
CARBOHYDRATE	1 g	13 g	4 %
SUGARS	1 g	10 g	—
FIBER	0 g	4 g	16 %
PROTEIN	7 g	63 g	—