

Chicken and Vegetable Kebabs

Ingredients

- ☐ 2 medium chicken breasts
- ☐ 1 small green pepper
- ☐ 1 medium onion
- ☐ 100g mushrooms(Optional)
- ☐ 2 tablespoons of marinade e.g. BBQ, tikka, spicy (**School will provide this**)
- ☐ 2 wraps
- ☐ Box to take remaining kebab home.

Method

1. Wash hands, tie hair back, put on an apron, tuck stools and bags under tables.
2. Cut chicken breasts into 3cm cubes – if using a marinade, place into a bowl with sauce
3. Chop pepper and onion into large chunks.
4. Slice the mushroom in half.
5. Taking colour into account, put chicken and vegetables onto a skewer.
E.g. chicken, red pepper, onion, green pepper, chicken, mushroom, chicken
6. Place one skewer under the grill, and turn every 3-4 mins
7. Cut open pita bread and take ingredients from the cooked skewer and place inside
8. Put the remaining 5 uncooked skewers in a box to take home