



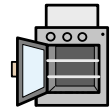
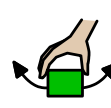
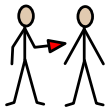
Healthy Chicken Kebabs



Equipment:



A chopping board, wooden skewers, a sharp knife, barbecue



(if you don't have a barbecue you can use the oven)



4



Ingredients (for four kebabs):

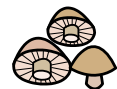
1



1



1



1 Red onion, 1 red pepper, 1 yellow pepper, mushrooms,

2



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2 chicken breasts (you can also use quorn or halloumi)













Healthy Chicken Kebabs








Method:

1     
1. Soak the wooden skewers in water.




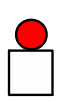


2      
2. Cut the vegetables into large pieces about 3cm.

3    
3. Cut the chicken into 3cm pieces.

4     
4. Put the vegetable and chicken pieces onto the skewer.

5   
5. Put a mushroom on top.

6  
6. Add salt and pepper.

6      
6. Cook the chicken skewers on the barbecue or in the



oven for 20-30 minutes.

