

## TROPICAL CHUNKY POTATO AND CHICKEN KEBABS



**Serving:** 5

**Cooking Time:** Not Specified

**Prep Time:** Not Specified

### INGREDIENTS

- 5 x Chicken medium breast (120g each) chopped into bite size chunks

- 4 Parboiled potatoes, with skin
- 2 Onions, chopped into chunks
- 2 Lemons, chopped into chunks
- 2 Colourful peppers, chopped into chunks
- Ground black pepper to taste
- 10 Wooden or metal skewers (soak wooden skewers in water for 2-3 hours before using)
- 3 Lemons, juice only
- 30ml Honey (2 Tbs.)
- 60ml Fresh mint, chopped

## INSTRUCTIONS

1. Mix together lemon juice and honey, pour over chicken and add the chopped mint 2. Marinate for 20 minutes 3. Skewer the marinated chicken cubes and potato chunks onto skewers, separating with onion, peppers and lemon wedges 4. Pour over the remaining marinade and season with fresh ground pepper 5. Braai or grill kebabs for 10-15 minutes or until chicken is cooked through, and pour any excess pan juices over kebabs whilst cooking 6. Serve the chicken potato kebabs with a fresh crisp green salad. Recipe analysis per serving: 1200 kJ 30.6 g Protein 3.6 g Fat 27 g Carbohydrate 5.4 g Fibre 60 mg Sodium