













Greek Style Chicken & Halloumi BBQ Skewers

with Flatbreads, Mint Yoghurt and Baby Gem Salad

33

BBQ Feast 35-45 Minutes • 1 of your 5 a day



-  Bamboo Skewers
-  Lemon
-  Chicken Thigh
-  Dried Oregano
-  Halloumi
-  Baby Gem Lettuce
-  Baby Plum Tomatoes
-  Mint
-  Greek Style Natural Yoghurt
-  Greek Style Flatbreads

Pantry Items
Honey, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Fine grater, bowl, baking tray and aluminium foil.

Ingredients

	2P	3P	4P
Bamboo Skewers	6	9	12
Lemon**	1	1½	2
Chicken Thigh**	4	6	8
Dried Oregano	1 sachet	1 sachet	2 sachets
Honey*	2 tbsp	3 tbsp	4 tbsp
Halloumi** (7)	250g	375g	500g
Baby Gem Lettuce**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** (7)	150g	225g	300g
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp
Greek Style Flatbreads (13)	4	6	8

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	721g	100g
Energy (kJ/kcal)	5775 /1380	801 /191
Fat (g)	75.0	10.4
Sat. Fat (g)	31.7	4.4
Carbohydrate (g)	87.9	12.2
Sugars (g)	26.1	3.6
Protein (g)	85.5	11.9
Salt (g)	4.48	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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Start your Skewers

If you're cooking your **skewers** in the oven, preheat your oven to 220°C/200°C fan/gas mark 7. Soak your **skewers** in cold **water** (this will prevent them from burning). Zest and halve the **lemon**.

Cut the **chicken thighs** into 2cm pieces and pop into a medium bowl with the **lemon zest**, **dried oregano**, **half the honey** (see ingredients for amount) and a drizzle of **olive oil**. Season with **salt** and **pepper**, then mix to coat. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



Mix the Mint Yoghurt

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

In a small bowl, mix together the **mint**, **yoghurt** and the **juice** of **half the lemon**.

Season to taste with **salt** and **pepper**, then set your **mint yoghurt** aside.



Cook the Chicken

Thread the **chicken pieces** onto the **skewers** (2 per person). Transfer the **skewers** to a baking tray and pour over any remaining **marinade**.

Roast on the middle shelf of your oven until browned and cooked through, 16-18 mins. Turn halfway through. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Alternatively, BBQ them if you'd prefer!



Halloumi Time

When you turn the **chicken skewers**, add the **halloumi** ones to the baking tray (or BBQ grill) alongside the **chicken**. Drizzle with **oil** and bake until golden brown, 8-9 mins, turning halfway through.

Meanwhile, in another small bowl, mix the remaining **lemon juice** and **honey** with the **olive oil for the dressing** (see ingredients for amount).

Season with **salt** and **pepper**, then set the **salad dressing** aside.



Finish the Prep

While the **chicken** cooks, drain the **halloumi**, then cut into roughly 4cm chunks.

Carefully thread onto the remaining **skewers**, then set aside.

Trim the **baby gem**, then separate the leaves. Halve the **tomatoes**.

Pop the **baby gem** and **tomatoes** into a bowl, then set aside.



Finish and Serve

When the **skewers** are cooked, remove from the oven (or BBQ) and cover loosely with foil to keep warm.

Pop the **flatbreads** onto a baking tray, drizzle with **oil** and pop into the oven (or on the BBQ) until warmed through, 1-2 mins.

Just before serving, add the **dressing** to the **salad** and toss to coat.

Share the **flatbreads** and **skewers** between your plates, then serve with the **salad** and **mint yoghurt** alongside.

Enjoy!