



MOROCCAN CHICKEN KEBABS

-  **Prep:** 15 minutes plus marinating
-  **Cook:** 20 minutes
-  **Serves:** 4

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 100g fat free natural yogurt
- 1 clove garlic, crushed
- 2 tsp Ras el Hanout seasoning
- ½ tsp **LoSalt**
- 1 tbsp olive oil
- 2 large chicken breast fillets, cubed, approx. 350g
- 1 courgette, cut into 12 thick slices
- 1 red onion, cut in to 8 wedges
- 200g wholewheat couscous
- 2 tbsp chopped parsley

METHOD:

1. Mix together the yogurt, garlic, ras el hanout, ¼ tsp **LoSalt** and oil in a bowl, stir in the chicken and stir to evenly coat. Marinate for at least 1 hour.
2. Preheat a grill and line a baking tray with foil.
3. Thread the chicken, courgette and red onion alternatively onto 4 metal skewers and grill for 15-20 minutes, turning half way through until cooked throughout.
4. Meanwhile, place the couscous and remaining ¼ tsp **LoSalt** in a bowl, pour over boiling water to just cover the couscous and cover the bowl with clingfilm, leave for 5 minutes, then fluff up with a fork, stir in the parsley and serve with the skewers.