










Beckett's Farm

STARTERS

Chicken Kebabs



Method

-  6 skinless, boneless chicken breasts cut into chunks
-  2 courgettes cut into chunks
-  1 red pepper deseeded and cut into chunks
-  4 tomatoes quartered
-  4 tbsps rapeseed oil
-  4 tbsps lemon juice
-  1 tsp clear honey
-  Salt and pepper
-  1 tsp Dijon mustard

1. Preheat grill on hot. Thread the meat and vegetables onto 8 metal skewers and season with salt and pepper

2. Place lemon juice, honey and mustard in a bowl and whisk together, season with salt and pepper. Add rapeseed oil and whisk until dressing is thick

3. Brush the dressing over the skewers and place under grill for approximately 20 minutes, turn skewers occasionally until chicken is golden all over

Note : inclusion of the small Beckett logo indicates that the ingredient can be purchased in Becketts Farm Shop.

