



Chicken Skewers



makes 4



40minutes

INGREDIENTS

75g natural yogurt (high risk food)

1 tbsp curry paste or curry powder

2 pieces boneless, skinless chicken breasts
(high risk food)

8 (2 handfuls) cherry tomatoes

1 red onion

1 red or green pepper or courgette

Wooden skewers

EQUIPMENT

- Green chopping board
- Red chopping board
- Sharp knife
- Lined baking tray
- Mixing bowl
- Spoon
- Temperature probe

Skills: Marinate, bridge and claw method, dicing, skewering, baking

TIMEPLAN

1	Put wooden skewers in a bowl of cold water to soak overnight. Mix 75g of yogurt, spices and herbs together in a bowl or your curry paste/powder	
2	On a red chopping board cube the chicken into even sized chunks (1-2cm). Then add the chicken to the yoghurt marinade.	Use a red chopping board. Wash your hands with soap and water.
3	Prepare the vegetables: peel and cut onions into quarters, halve, deseed and chop peppers into 2cm chunks, 1cm thick discs of courgettes	Use the bridge and claw method safely. Use a green chopping board.
4	Shake off any excess marinade, then thread the chicken pieces and vegetables onto the pre-soaked skewers.	Wash hands with warm soapy water.
5	Place on lined baking tray. Drizzle with a little oil.	
6	Cook in the oven for 15-20 mins, turning them over once, until cooked through and nicely browned. Use temperature probe.	Use oven gloves to take food in and out of oven.



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