



Green Curry Chicken Skewers

This can be made in a hurry, and is made extra special if you have 10 minutes the night before. Preparing this dish ahead of time will enable you to save time the following day and will also bring out the fullness of the flavours.

Serves 4

Ingredients

- 4 chicken breasts
- Juice of 1 lime
- 100ml fat-free natural yoghurt
- 1 tsp fresh ginger
- 1 shallot
- 1 fresh green chilli (optional)
- 1 large handful fresh coriander
- 1 tbsp medium curry powder (use mild or hot if preferred)
- ½ tsp ground cumin
- 1 lime, quartered
- Large green salad



Method

1. Cut the chicken breasts into cubes and put in a large bowl
2. Add the lime juice, natural yoghurt, ginger, shallot, fresh chilli, coriander, curry powder and cumin to a food processor and whizz until smooth to make your curry paste. If it is a little thick, add a small amount of water
3. Add the curry paste to your bowl of chicken and combine until the chicken is fully coated
4. The longer you can leave the chicken to marinade in the curry paste, the better, overnight would be ideal
5. Thread the chicken chunks onto skewers
6. When ready, preheat the grill or BBQ until hot and place the skewers on to cook. The kebabs should be cooked within 6-8minutes, ensure you turn them once or twice throughout to avoid burning
7. Serve immediately with a large green salad and a wedge of lime

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