

# ★ U.K. ★ BBQ ★ Week ★



Direct grill



25 mins



£6



4 servings

## RECIPE

### Green Chicken Kebabs



## INGREDIENTS

Finely grated zest of 2 unwaxed lemons  
and juice of 1  
75ml olive oil  
4 garlic cloves, peeled  
50g bunch of basil  
50g bunch of flat-leaf parsley  
25g bunch of coriander  
1/2 tsp fine sea salt  
4 free-range skinless, boneless chicken  
breasts, cut into 3cm cubes

You will need metal or wooden skewers; if you're using wooden skewers, soak them in warm water for at least an hour.

## METHOD

1. Combine all the ingredients, except the chicken, in a liquidizer and blend until smooth.
2. Put the chicken into a large bowl, pour the marinade over and toss to coat. Don't season at this stage; the salt will draw the moisture from the chicken and make it tough. Cover with clingfilm and chill for 4 hours or overnight if possible.
3. Remove the chicken from the fridge an hour before cooking and preheat the barbecue for direct grilling.
4. Thread the chicken onto skewers and grill for 10 minutes until cooked through, turning occasionally.
5. Transfer to a warm plate to rest for 5 minutes before serving.



Recipe kindly supplied from  
Fire & Smoke by Rich Harris,  
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