

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Chicken Kebabs with Tabbouleh Salad

Kebabs Ingredients

1 kg chicken thighs, boneless and skinless cut lengthways	½ tsp cinnamon
150g natural plain yoghurt	½ tsp dried chili flakes
2 tsp paprika	3 cloves fresh garlic, crushed
2 tsp ground cumin	1 lemon zest and juice
	Salt and freshly ground pepper

Method

Mix the marinade ingredients together in a large bowl. Add the chicken thighs and marinade for 30 minutes or overnight covered in the fridge. Thread onto skewers and cook for 20 minutes or until golden on the outside and cooked right through.

Tabbouleh Salad Ingredients

110g bulgur wheat	1 small cucumber, diced
1 lemon	60 ml extra virgin olive oil
1 – 1½ large bunches each of flat leaf parsley and fresh mint, washed and dried	½ tsp salt
2 –3 spring onions, thinly sliced	Fresh black pepper
2 medium tomatoes, diced	¼ tsp ground allspice
	A few leaves of mint to garnish

Method

Soak the bulgur wheat in a small bowl covered with just off boiling water. Set aside to soak until softened but still chewy for about 20 minutes.

Meanwhile juice the lemon. Roughly chop the parsley and the mint you will need about 15g of each. When the bulgur is ready drain off the excess water and place in a large bowl. Add 2 tbsp olive oil and 1 tbsp lemon juice and ½ tsp salt. Toss to coat the grains. Add the chopped herbs, the cucumber, spring onion and ½ the tomatoes. Add 2 tbsp olive oil and another 1 tbsp lemon juice. Add the allspice. Toss all the ingredients together and adjust the seasoning with salt and pepper as needed.

To serve - garnish the tabbouleh with the reserved tomato and a few sprigs of mint, serve alongside the hot chicken kebabs and some fresh bread.

Per portion

Kebabs – Kcals 336, Fat 11g, Carbs 5g, Protein 50g

Tabbouleh – Kcals 210, Fat 14.2g, Carbs 19.9g, Protein 4g