

The Slug and Lettuce

CHICKEN SOUVLAKI

Serves 1



INGREDIENTS

Souvlaki kebab x 2
Wrap x 1
Houmous 50g
Tzatziki 75g
Lambs leaf 10g

SOUVLAKI KEBAB



INGREDIENTS

Chicken breast x 1
Red peppers 30g
Red onion 30g
Olive oil 20ml
Lemon x 1
Metal skewers x 2

PREPARATION

1. Cut the chicken breast into cubes.
2. Cut the red pepper into 1" squares.
3. Peel and quarter the red onion. Break the onion into separate pieces.
4. Place the chicken cubes, pepper squares and onion pieces into container and marinate in the lemon juice and olive oil.
5. Make the skewers by placing the chicken, pepper and onion pieces alternately on the skewers.

TZATZIKI

INGREDIENTS

Natural yoghurt x 1 tub
Mint 10g
Cucumber 40g

PREPARATION

1. Finely chop the cucumber.
2. Chop the mint finely.
3. Add cucumber and mint to yoghurt and mix well.

METHOD

1. Cook the kebabs on a hot grill pan for approx. 4–5 minutes, turning when needed. Check that the chicken is cooked through.
2. Place the wrap onto a hot grill pan for approx. 30 seconds to colour. Cut in half, fold and serve as shown with tzatziki, houmous and lambs leaf.