

# *Jamie's* MINISTRY OF FOOD AUSTRALIA

## CHARGRILLED CHICKEN KEBABS WITH A PEPPERY ROCKET SALAD AND SMOKY BARBECUE SALSA

### To make Chargrilled Chicken Kebabs with a Peppery Rocket Salad

1. Pick and chop the rosemary leaves.
2. Chop the chicken breasts into 2cm cubes and put in a bowl along with the chopped rosemary, finely grated orange zest and olive oil. Toss everything together then cover and leave to marinate in the fridge for at least half an hour.
3. When the chicken pieces are ready to cook, thread them on to the skewers (if using bamboo or wooden ones, soak them in water first to stop them burning). Season the finished kebabs well with salt and pepper.
4. Using a griddle pan or barbecue, grill the kebabs for 3 to 4 minutes on each side until they're nicely charred and cooked through.
5. Wash and dry the rocket and place in a bowl with the mint leaves. Squeeze over the lemon juice, a good drizzle of extra virgin olive oil and season.
6. Serve the skewers in the middle of the table with a pile of warmed flatbreads, the peppery salad and a bowl



of home-made smoky barbeque salsa (see below) to spoon over.

### For the smoky barbecue salsa

7. Peel and slice the onions. Roughly chop the cherry tomatoes and finely chop the parsley leaves, if using.
8. Heat a saucepan and add a splash of olive oil. Add the onions and fry on a medium heat for 10 minutes until sweet and soft.
9. Add all of the other ingredients except the tomatoes and parsley. Allow the sauce to cool slightly then stir in the cherry tomatoes and parsley leaves. Serve warm or cold with any kind of chargrilled or barbecued meat.

## JAMIE'S TIPS

- Skewers are a great way to cook tender, quick-cooking meats and seafood such as chicken breasts, prawns or tenderloin – just make sure all the pieces on the skewer are more or less the same size and not too crowded so everything has a chance to cook evenly.
- Kebabs are really versatile things to cook – if using bamboo or wooden skewers, soak them in plenty of water before threading the food onto them – this will stop them from burning during cooking. If you're using a grill pan make sure you cut the skewers to fit in the pan before you start
- Have a go at trying out different combinations of meat and veg. Things like mushrooms, onions, chillies, courgettes and peppers all work really well.



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# MINISTRY OF FOOD AUSTRALIA

## CHARGRILLED CHICKEN KEBABS WITH A PEPPERY ROCKET SALAD AND SMOKY BARBECUE SALSA



Light and tasty, this kebab recipe will give you a taste of summer even if it isn't quite warm enough to get the barbie out. The salsa works well with all kinds of chargrilled or barbecued meat.

### **Serves 4**

#### **Ingredients**

- 2 sprigs of fresh rosemary
- 4 chicken breasts, preferably free-range or organic
- zest of 1 orange
- 2 tablespoons olive oil
- sea salt and freshly-ground black pepper
- 2 large handfuls of rocket
- a handful of fresh mint leaves
- juice of ½ a lemon
- extra virgin olive oil
- 4 pitta breads or flatbreads

#### **For the smoky barbecue salsa**

- 2 red onions
- 2 large handfuls of cherry tomatoes
- Optional: a small handful of fresh parsley, leaves picked
- 1 teaspoon olive oil
- 2 tablespoons honey
- 1 teaspoon smoked paprika
- 1 teaspoon English mustard
- 1 tablespoon Worcestershire sauce
- 2 tablespoons brown sugar
- ½ teaspoon chilli powder

#### **Equipment list**

- Chopping board
- Knife
- Large bowl
- Measuring spoons
- Tongs
- Microplane grater
- Clingfilm
- 12 bamboo skewers
- Griddle pan or barbecue
- Salad spinner
- Serving bowls and plates
- Saucepan
- Wooden spoon