

LEMON CHICKEN SKEWERS WITH GREEN OLIVE YOGHURT

Serves: 4

Ingredients

1 teaspoon grated lemon rind
1/3 cup lemon juice
1/4 cup chopped fresh mint
1 clove garlic, crushed
1/4 teaspoon smoked paprika
freshly ground black pepper, to taste
300g skinless chicken breast fillets, cut into strips
1 cup Australian reduced fat natural yogurt
1 red capsicum, diced
2 spring onions, sliced
1/2 cup stuffed green olives, chopped
8 bamboo skewers, soaked
Crisp green salad, for serving

Method

1. Combine lemon rind and juice, mint, garlic, paprika and pepper.
2. Toss half the lemon mixture with chicken strips, and marinate for 20 minutes. Combine remaining lemon mixture with yogurt, capsicum, spring onions and olives, refrigerate until required.
3. Thread chicken strips onto skewers. Cook on a pre-heated barbecue or grill plate for 2 minutes each side or until cooked through.
4. Serve chicken with green olive yogurt and crisp green salad.



Nutritional Information:

Kilojoules 765 kJ
Calories 182 cal
Protein 20 g
Total fat 5.6 g
Saturated fat 2 g
Carbohydrate 11 g
Sodium 203 mg
Calcium 133 mg
Iron 1 mg
Fibre 1 g

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