



Chicken & Vegetable Shaslik with Mint & Coriander Raita

Difficulty **Easy-Intermediate** Cal/serv. **310kcal** Fat/serv. **11g** Serves **2-4**



Ingredients

- 2 tbsp Patak's Tandoori Paste
- 3 Skinless Chicken Breast, diced
- 1 Onion, diced
- 1 Red Pepper, diced
- 1 Green Pepper, diced
- 150ml Low Fat Yogurt
- 2 tbsp Fresh Coriander, finely chopped
- 1 tbsp Mint, finely chopped
- 2 Garlic Cloves, crushed
- 2 tbsp Olive Oil
- Cocktail Sticks

Instructions

1. Dice all the vegetables and chicken into approx. 25mm pieces.
2. In a bowl mix the Patak's Tandoori Paste with one heaped table-spoon of yogurt. Add the diced chicken and leave to marinate for an hour.
3. Using the cocktail stick skewer the chicken pieces alternatively with the vegetables making sure you skewer the chicken pieces in between any two vegetables.
4. Grill or Barbecue the chicken.
5. In another bowl, mix the remaining yogurt with the freshly chopped coriander and mint add the garlic and salt to taste.
6. Serve the chicken and vegetables with the mint and coriander "Raita" Dip. Serves 2 on it's own or 4 with a side salad.

