



## Tikka Chicken and Vegetable Kebabs

Difficulty  
Easy

Cal/serv.  
230kcal

Fat/serv.  
11g

Serves  
2-3



### Ingredients

- 3 tbsp Patak's Tikka Paste
- 1 lb chicken, cut into chunks
- 1/4 cup natural plain yogurt
- 1 small onion, cut into chunks
- 1 red pepper, cut into chunks
- 1 green pepper, cut into chunks
- salt to taste
- olive oil

### Instructions

1. In a bowl, mix Patak's Tikka Paste with the yogurt. Add the chicken, cover and refrigerate for 1-2 hours.
2. Skewer the chicken pieces, alternating with the vegetables.
3. Grill the kebabs on a BBQ ensuring that each side of the chicken is cooked through.
4. Serve the chicken and vegetable kebabs with Cucumber and Mint Raita.

