**Chicken and Vegetable Skewers**

Please weigh out ingredients at home if possible.

Group .......

Making on ..............................

**Ingredients**

1 large pepper (any colour) **or** 1 onion

1 medium courgette **or** 1 pack (250g) button mushrooms **or** 1 pack cherry tomatoes

2 whole (raw chicken breasts (not already diced!). Quorn can be used as an alternative.

Marinade (optional): If you would like to add this please make this at home and bring to school.

**Recipe for making the marinade at home:**

1. Add the mustard, honey, olive oil to a mixing bowl.
2. Cut the lemon in half and squeeze out the juice into the bowl.
3. Mix together with a spoon and pour into container/tub.

1 lemon

2½ tablespoons clear honey

1 tablespoon mustard

1 tablespoon olive oil

**You will also need 6-8 wooden skewers and a large tub to fit these into!**

**Method**

1. Apron on, hair tied back, hands washed.

2. Collect equipment and ingredients.

3. Light oven gas mark 6/200c.

4. Cut the chicken into chunks on a red chopping board. Place to one side, wash hands.

5. Wash the vegetables and slice the courgette into 2-3cm thickness. (Mushrooms and tomatoes will stay whole).

6. Wash and de-seed the pepper and chop into chunks. Or peel and chop the onion into chunks.

7. Arrange the chicken and vegetables on the skewers and place on the baking tray.

8. If you have your honey and mustard marinade brush this on now with a pastry brush.

9. Bake until the meat has turned white (about 20 – 25 minutes).

10. Carefully take out the tray using oven gloves and sit on a wire rack to cool.