

Chicken Skewers with wheat salad and lemony yogurt

Description

Chicken Skewers

Ingredients

- 6 ozs green beans
- 1/2 cup bulgur wheat
- 2 tsp dried oregano
- 1 lemon
- 12 ozs chicken breasts
- 1/2 cup non-fat plain yogurt
- 2 tbsp raw cashew pieces
- 1 oz fresh italian parsley
- 2 ozs roma tomatoes
- 1/2 red onion

Instructions

1. Trim and chop the beans into 1 inch pieces
2. Place the bulgur wheat into a medium pot, cover with water and add a pinch of sea salt, then place on a high heat. Bring to a boil, reduce the heat to medium and simmer for 10-12 minutes, or until tender, adding the beans for the final 3 minutes
3. Drain, then return the bulgur and beans to the warm pot. Season with salt and black pepper then cover and set aside off the heat.
4. Take a ziploc bag and add oregano, pinch of salt and pepper, then add 1 teaspoon of oil. Finely grate the lemon zest into the bag then add the chicken. Bash gently with the base of a heavy pan to flatten slightly.
5. Remove the chicken from the bag, and place on a board. Push 3 skewers horizontally into each chicken breast.
6. Squeeze half the lemon juice into a small bowl, stir in the yogurt, then season with salt and pepper.
7. Place a medium frying pan on a medium heat, sprinkle in the nuts and lightly toast then transfer to a board and roughly chop.

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8. Return the pan to the heat with 1 Tbsp oil, then add chicken and fry for 10 minutes, or until cooked through.
9. Pick and finely chop parsley, roughly chop the tomatoes, then peel and finely chop the onion. Add to the cooked bulgur wheat and beans along with remaining lemon juice.
10. Stir the bulgur salad, then season to taste with salt and pepper. Spoon onto serving plates in a nice pile, then add the chopped nuts in little piles alongside.
11. Slice the chicken between the skewers then place 3 on each plate, serve with the yogurt for dipping and dunking in the crunchy nuts.