Chicken Skewers with wheat salad and lemony yogurt

Description

Chicken Skewers

Summary Yield: 2

Prep Time: 30 minutes Category: Dinner Cuisine: Middle Eastern

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.
- 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.
- 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 choop 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 tast with salt and pepper. Spoon onto serving plates ina 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.