

# Let's get cooking with



**Healthworks**  
the community health charity

## 2 Ways—Chicken Kebabs

### What you need:

#### Turkish style

- 4 large chicken breast
- 1 chopped white onion
- 3 Garlic cloves
- 1 tbsp tomato puree
- 1 cup natural yogurt (250ml)
- 2 tbsp lemon juice
- 2 tbsp oil
- 1tsp ground cumin
- 1ts ground paprika
- ¼ tsp cinnamon
- ½ tsp black pepper
- 1 tbsp chilli powder – to taste

### How to prepare:

1. Dice your chicken into 3cm pieces
2. Mix all your chosen herbs and spices from above and add the chicken pieces
3. Marinade for 2hrs up to 24hrs in the fridge covered
4. Skewer your chicken ready to cook
5. Cook on a high heat—on a BBQ, grill, in a pan or in the oven, frequently turning until your chicken is cooked through, piping hot and no pink is visible inside
6. Serve with chopped salad, wedges or our easy flat breads with Tzatziki



#### Greek Style

- 4 large chicken breasts
- 4 tbsp olive oil
- 2 tsp dried oregano
- 1 tsp mint (dried or fresh)
- 1tsp ground cumin
- 1tsp coriander
- 1 tsp paprika
- ½ tsp ground cinnamon
- Juice (and zest) of 1 lemon
- 4 garlic cloves, finely chopped

Substitute as necessary if you have an allergy to any of the

## Enjoy!

From the Community Skills Team  
[www.healthworksnewcastle.org.uk](http://www.healthworksnewcastle.org.uk)