



**The secret to these colourful kebabs is the sweet and herby marinade. Packed full of veg, they're great as a main dish or a side**

## **What you'll need:**

4 chicken breasts  
1 sweetcorn  
1 red pepper  
1 yellow pepper  
1 red onion  
1 courgette

### *For the marinade*

8 tablespoon lemon juice  
4 tablespoon olive, plus extra for brushing  
2 tablespoon clear honey  
2-3 sprigs thyme

*You'll also need some skewers, soaked in water for 30 minutes so they don't catch alight*

## **How to make them:**

1. Put all the marinade ingredients in a bowl and mix well – if you have a food processor or hand blender you can use that.
2. Cut the chicken breasts into bite-size chunks and place in the marinade. Leave for three hours so the chicken can absorb the flavours.
3. Cut the peppers, onions and courgettes into bite-size chunks, and slice the sweetcorn into one-inch chunks.
4. Slide the vegetables and the marinated chicken onto the skewers.
5. Brush with oil and grill on the barbecue for 10-12 minutes turning well, until chicken is browning and thoroughly cooked.

**It's really important to remember to ALWAYS BBQ OUTSIDE, as carbon monoxide is not harmful in open spaces!**

**Never BBQ inside your home or in a tent or gazebo – even if the doors are open.**