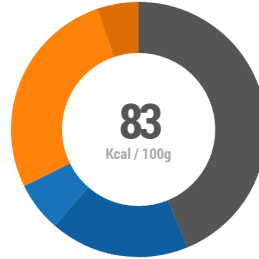


# Chicken shish with coban salad and spicy shredded carrot (website)

OVERVIEW ...



CALORIES:

23.9% Carbs

43.8% Protein

32.3% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

84380 Prime Meats British Red Tractor Chicken Breast Fillets.. - BRAKES

84380 CHICKEN

**BRAKES** **155g**

**1 x Each**

*unchanged*

134644 Cooks & Co Garlic Puree.. - BRAKES

134644 GARLIC PUREE

**BRAKES** **5g**

**0.05 x Each**

*unchanged*

33585 Sysco Classic Paprika.. - BRAKES

33585 PAPRIKA

**BRAKES** **2g**

**0.01 x Each**

*N/A*

114940 Cirio Supercirio Double Concentrated Tomato Puree 140g..

TOMATO PUREE

**BRAKES** **10g**

*unchanged*

74550 Brakes Low Fat Natural Yogurt..

LOW FAT NATURAL YOGURT

**BRAKES** **60g**

*unchanged*

131420 Sysco Classic Sumac..

SUMAC

**BRAKES** **2g**

**0 x Each**

*N/A*

33592 Sysco Classic Oregano..

OREGANO

**BRAKES** **2g**

*N/A*

10230 Cucumber.. CUCUMBER FRESH DIRECT	BRAKES	35g	Each	unchanged
10245 Mixed Peppers.. - BRAKES 10245 PEPPERS FRESH DIRECT	BRAKES	70g	0.55 x Each	unchanged
10357 Plum Tomatoes.. - BRAKES 10357 TOMATOES	BRAKES	35g	0.02 x Each	unchanged
113881 Herb Bunched Flat Leaf Parsley.. - BRAKES 113881 PARSLEY FRESH DIRECT	BRAKES	10g	0.1 x Each	N/A
148955 Radish.. - BRAKES 148955 RADISH	BRAKES	5g	0.02 x Each	unchanged
74817 Pomegranate Seeds.. POMEGRANATE SEEDS	BRAKES	5g	Each	unchanged
114218 Lemons.. LEMONS FRESH DIRECT	BRAKES	0.5g		unchanged
89773 Prep Premium Lemon Infused Oil 1 Litre.. LEMON INFUSED OIL 1 LITRE	BRAKES	5ml		unchanged
450694 Carrots.. CARROTS	BRAKES	50g		unchanged
89214 French's Mexican Mild Chilli Relish.. - BRAKES 89214 MEXICAN MILD CHILLI RELISH	BRAKES	10g	0 x Each	N/A
87186 Sysco Classic Garlic Mayonnaise.. - BRAKES 87186 GARLIC MAYONNAISE	BRAKES	20g	0.01 x Each	unchanged
151388 Fresh Kitchen Pickled Sweet & Sour Red Onion.. PICKLED SWEET & SOUR RED ONION	BRAKES	5g	0.01 x Each	unchanged

PRODUCTS / PACK SIZES ...

### 1 Serving



🕒 487g / 415kcal

# 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

#### Preparation:

Cut the chicken into chunks

Dice the tomato  
Dice the peppers  
Dice the cucumber  
Chop the parsley  
Grate the carrot

**Method:**

1. In a bowl mix the yoghurt with the garlic, tomato paste, sumac, paprika and oregano.
2. Add the chicken and coat well, marinade overnight if possible, then thread onto a skewer.
3. In a bowl mix together a good pinch of the parsley and the grated carrot along with the chilli relish and pickled onions - leave to one side.
4. To make the coban salad mix the peppers, cucumber, radish, tomato, parsley, pomegranate and lemon oil together.
5. Place the kebabs onto a hot chargrill, turn regularly and cook until a core temperature has been reached.
6. Bring both salads and the kebab together on a platter and serve alongside some garlic mayonnaise.