

Balsamic-marinated chicken and beef kebabs

Quick, while the sun's out – this is a great meal to cook on a sizzling hot barbecue on a warm summer's day.

Serves: 2

Nutrition per serving:

282 kcal, 42g protein, 14g carbs, 6g fat, 4g fibre

Ingredients:

- 150g skinless chicken breast, cubed
- 150g lean rump beef, cubed
- 1 tsp ground ginger
- 1 garlic clove, crushed
- 2 tbsp reduced-salt soy sauce
- ½ tsp Chinese five spice
- 3 tbsp balsamic vinegar
- freshly ground black pepper
- 80g courgettes, cut into chunks
- 80g button mushrooms
- 160g salad leaves
- 4 spring onions, sliced
- 80g cucumber, sliced
- ½ yellow pepper, thinly sliced

Method:

1. Put the chicken and beef in a large bowl. Add the ginger, garlic, soy sauce, five spice and 2 tbsp balsamic vinegar, season with plenty of black pepper and mix well, so everything is coated in the marinade.
2. Cover the bowl and leave in the fridge for at least 30 mins (or prepare in advance and chill overnight).
3. Remove the meat from the marinade and thread onto four skewers, alternating with the courgettes and mushrooms.
4. Cook the kebabs on the barbecue or under a preheated grill, turning frequently and basting with the marinade, until the meat is cooked through.
5. Meanwhile, mix the salad leaves, spring onions, cucumber, and the rest of the balsamic vinegar, season with black pepper and then serve with the kebabs.

Tips:

- This will work with any lean, tender cuts of meat, including pork tenderloin (fillet) and lamb fillet or leg.
- Make a vegetarian or vegan version by replacing the meat with red onion wedges, slices of red, yellow or green peppers, and halloumi, tofu or Quorn.
- If using wooden skewers, soak them in water for 20 mins first to prevent them from burning.

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