

کباب



KEBAB



# SHOPPING LIST

SERVES 4-6



2 x chicken breasts



1 tub of Greek style yoghurt



Flat leaf parsley



1 Lemon



Salt



6 pita breads



Garlic





A bag of Rice



Tumeric



Red Chilli Powder



A bag of Mixed Veg



2 small onions



green pepper



red pepper



Paprika



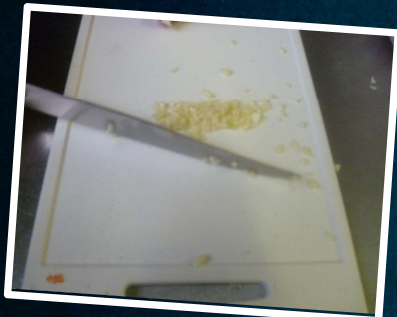
Oil



# HOW TO COOK



Peel 2 gloves of garlic



Finely chop the garlic



Finely chop half a pack of parsley



Put the yoghurt in a bowl



Add the garlic to it

P30





Add the parsley to it



Add 1/2 teaspoon of salt



Cut a lemon in half



Squeeze the juice of half a lemon into the yoghurt (you can put your hand under the lemon to catch any pips)



Mix well together

Taste your sauce (it may need a bit more salt or a bit more lemon juice)



leave to one side while you cook  
your chicken and rice



Finely cut an onion



finely chop the green pepper



bring a pan of water to the boil



Peel 2 gloves of garlic



Finely chop the garlic





Fill a cup with some rice



Add 1 tablespoon of turmeric  
to the water



Add the rice to the water



Stir well



Leave to cook for 10-12 minutes or  
until the rice is soft

Whilst your rice is cooking **P33**





heat 1 tablespoons of oil in a pan



Add the garlic



Add the onion



Add the green pepper



Stir for 5 minutes until the  
onion and pepper are soft



Measure out 1 cup of  
mixed vegetables





Add this to the pan



Stir for 5 minutes or until soft



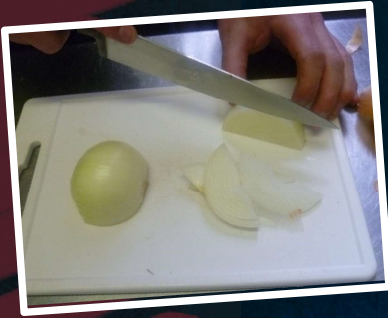
When your rice is cooked drain  
it in a colander



Add the rice to the vegetables  
and mix together

Keep your rice warm while  
you cook your chicken





Cut an onion into strips



cut the red pepper into strips



Cut the chicken into chunks



heat 1 tablespoon of oil in a pan



Add the onion





Add the pepper



Add 1 table spoon of paprika



Stir and cook for 5 minutes  
until they are getting soft



Put the chicken in a bowl





add 1 teaspoon of turmeric



add 1 teaspoon of chilli powder



add 1 teaspoon of paprika



mix the chicken so all the pieces  
are coated in the spices





Add the chicken to the pan



Stir and cook for 5-8 minutes or until the chicken is cooked



Splash some drops of water on the pita bread



Put in the microwave



Cook on full power for 1 minute 30 seconds





Cut the pita along the top



Serve on a plate with some rice,  
chicken and garlic sauce



ENJOY!