

PEOPLE'S KITCHEN

Ingredients



2 boneless chicken breasts

juice 1 lemon, plus grated lemon zest

2 fl oz (55 ml) olive oil

1 clove garlic, peeled and crushed

1 level dessertspoon oregano

1 teaspoon white wine vinegar

2 bay leaves, torn in half

salt and black pepper

Method

Begin by chopping each piece of chicken into 5 chunky pieces and place them in a bowl, along with the lemon juice and zest, oil, garlic, oregano, white wine vinegar and plenty of seasoning. Cover and leave to marinate

To cook the chicken, pre-heat the grill to its highest setting at least 10 minutes ahead, then thread half a bay leaf on to the first skewer, then the pieces of chicken, finishing with a bay leaf. Place the skewers on a grill rack, and underneath the rack place a heatproof dish to catch the juices.

The kebabs should be 4 inches (10 cm) from the grill, and as they cook you need to baste them with the marinade juices. They will need 10 minutes on each side to cook through and become nice and dark and toasted at the edges.



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