

Chicken Kebabs



Serves	Prep Time	Cooking	Total Time	Calories
12 people				118 kcal

Stuff that's in it:

- Flatbreads:
- 350G 0 Fat Natural Yoghurt
- 350G Self Raising Flour
- 1 Tsp Baking Powder
- Poppy Seeds, Fresh Coriander (Optional)
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- Chicken Kebab:
- 150G Chicken Breast
- 5G Nandos Rub
- Lettuce, Cucumber, Tomato (Sliced)
- Flat Bread
- Yoghurt
- Franks Hot Sauce
- 20G Extra Mature 30% Less Fat Grated Cheese

What you do:

Flatbreads:

In a large mixing bowl, add the flour , yoghurt and baking powder, mix together with a spoon until it starts to bind well, then using your hand, gently fold and shape into a ball, then throw a dusting of flour over, gently kneed the mix inside the bowl, gently pressing and turning the dough as you go . . . this only needs to happen for a minute or 2 until you have a nice large ball, leave for a few minutes.

Dust a clean surface with flour, take the ball and split in half, if you want to add your seeds in one and coriander in other, do so, then make 2 long fat sausages and split them into 6 equal balls:

Use a rolling pin to flatten out each ball, dusting as you go so it doesn't stick and flipping over to roll evenly until you get your nice thin flat bread dough.

You'll get 12 regular or 6 large (pizza).

Heat a griddle pan until hot and cook each side for around 2 minutes until it bubbles and chars, you can give it a tiny squirt of oil too for extra flavour.

Chicken Kebab:

Chop your chicken breast into cubes, roll all over in the rub, spray a little oil onto a griddle pan and get hot, char the chicken breast for around 6/7 minutes all over until cooked through (must be 75°C or over and have clear juices).

Add your salad , chicken , hot sauce and yoghurt with a sprinkle of cheese on your flat bread and devour!!!

Nutrition

- Carbs: 23g
- Fat: 1g
- Protein: 4g

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