



The secret to these colourful kebabs is the sweet and herby marinade. Packed full of veg, they're great as a main dish or a side

What you'll need:

4 chicken breasts
1 sweetcorn
1 red pepper
1 yellow pepper
1 red onion
1 courgette

For the marinade

8 tablespoon lemon juice
4 tablespoon olive, plus extra for brushing
2 tablespoon clear honey
2-3 sprigs thyme

You'll also need some skewers, soaked in water for 30 minutes so they don't catch alight

How to make them:

1. Put all the marinade ingredients in a bowl and mix well – if you have a food processor or hand blender you can use that.
2. Cut the chicken breasts into bite-size chunks and place in the marinade. Leave for three hours so the chicken can absorb the flavours.
3. Cut the peppers, onions and courgettes into bite-size chunks, and slice the sweetcorn into one-inch chunks.
4. Slide the vegetables and the marinated chicken onto the skewers.
5. Brush with oil and grill on the barbecue for 10-12 minutes turning well, until chicken is browning and thoroughly cooked.

It's really important to remember to ALWAYS BBQ OUTSIDE, as carbon monoxide is not harmful in open spaces!

Never BBQ inside your home or in a tent or gazebo – even if the doors are open.