

## **Honey-Smoked Chicken Skewers with Sweet Potato Wedges**

It's that point in the year when the nights are so cold you need to know there is a light (and a summer!) at the end of the tunnel. That's why we're giving you a hearty warming dinner with a little reminder of BBQ season. As ever, the longer you leave the chicken to marinade the better the flavour. Roll on summer!





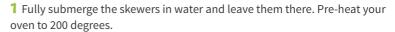
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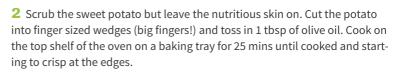




Ingredients Chicken Thighs Sweet Potato	2P 4	4P 8	May feature in another recipe
Baby Gem Lettuce Vine Tomato	1	2	* Good to have at home
Grain Mustard (tsp) 1 Honey (tbsp)	1 1	2	Allergens 1) Mustard   2) Milk
Crème Fraîche (tbsp) 2 Wooden Skewers	2	4	
			Nutrition per serving Calories: 445kcal, Protein: 32g, Carbs: 30g,
			Fat: 22g, Saturated Fat: 8g
			Measuretool  0 cm 1 cm 2 cm





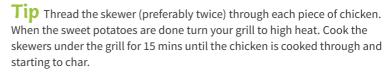




- 3 Cut the lettuce in half and then finely shred it widthways. Cut the tomato in quarters, remove the seeds and then chop into tiny squares. Trim any bits of fat from your chicken thighs and discard. Chop your chicken into bite-sized pieces.
- 4 Mix the grain mustard with the honey, ¼ tsp of salt and some black pepper. Coat the chicken in the sauce and leave to marinade for 5-10 mins.



5 Remove the skewers from the water and thread the chicken pieces onto the skewers.





6 Toss the lettuce and tomato chunks in 1 tsp of olive oil and some salt and pepper. Serve your skewers with a pile of the salad, the wedges and a nice dollop of cooling crème fraîche.

