

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!





level 1





healthy



Ingredients Chicken Thighs	2P 	4P 8	May feature in another recipe
Sweet Potato	-	<u>2</u>	* Good to have at home
Baby Gem Lettuce	······		Good to have at nome
Vine Tomato	-	2	
Grain Mustard 1	-	2 tsp	Allergens
Honey	-	2 tbsp	1) Mustard 2) Milk
Crème Fraîche 2	-	4 tbsp	
Wooden Skewers	-	10	
			Nutrition per serving Calories: 445kcal, Protein: 32g, Carbs: 30g,
			Fat: 22g, Saturated Fat: 8g
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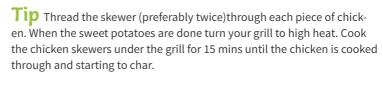
- 1 Fully submerge the skewers in water and leave them there. Pre-heat your oven to 200 degrees.
- 2 Scrub the sweet potato but leave the nutritious skin on. Cut the potato into finger sized wedges (big fingers!) and toss in 1 tbsp of olive oil. Cook on the top shelf of the oven on a baking tray for 25 mins until cooked and starting to crisp at the edges.



- 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.

