

Sage Chicken Skewers

Serves: 4

From the garden: garlic, sage, lemon

Ingredients:

500g chicken fillets
15 large sage leaves
2 tsp paprika
grated zest of 1 lemon
Juice of 1 lemon
2 cloves garlic
Sea salt and black pepper
3 tbsp. e.v. olive oil
Bamboo skewers

Equipment:

Basic toolbox, char grill pan, spatter guard

Method:

1. Place 3 tbsp olive oil in medium mixing bowl.
2. Wash and dry sage leaves thoroughly. Pile them on top of each other to make a neat stack. Now slice across the leaves to get nice thin strips (this is called a chiffonnade).
3. Peel and crush garlic and add to bowl. Also add paprika, sage, lemon zest and lemon juice. Add a good pinch of sea salt and some freshly ground black pepper. Whisk to combine.
4. Skin chicken fillets and discard skin. Slice into thin strips.
5. Add chicken to oil mixture and stir to coat chicken thoroughly. Cover bowl with plastic and place bowl in fridge to marinate for 10 minutes. (Ideally you would leave them to marinate for a couple of hours).
6. While chicken is in the fridge soak the skewers in cold water. (MYOS 15 skewers, Yr3/4's 12 skewers).
7. When the 10 minutes is up... drain skewers. Thread the pieces of chicken onto the skewers making sure they each have about the same amount on them. Place the finished skewers on a plate until you are ready to cook.
7. Place char grill pan on medium heat. Once the pan is hot, drizzle with a tiny amount of olive oil and add chicken skewers and cook until chicken is cooked through.
8. Serve chicken skewers on platters with some rice and a fresh green salad or steamed vegies.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: created by Jacky Cronin, Wodonga West Primary School