



## **A Healthy Kickstart!**

**By Mrs Tombs (Catering Manager)**

January often brings a 'new year, new start' mindset, with many turning to healthy eating to offset the indulgences of the festive season. However, healthy eating doesn't have to be bland or boring. It can be packed with flavour and provide all the nutrients needed for a well-balanced meal.

This term, our counters feature a student-submitted recipe from our 'Recipe with Meaning' competition: Chicken Souvlaki (an alternative can use halloumi), a perfect healthy option for this time of year.

This recipe will serve four people.

### **Marinade**

- 750g of chicken thigh fillets, bones and skinned cut into 1" cubes
- 2 tbsp olive oil

- ¼ cup lemon juice
- 3 cloves of minced garlic
- 2 tbsp of oregano
- ½ salt
- Cracked black pepper

### **Tzatziki**

- 2 cucumbers (ideally Lebanese), grated and the juice squeezed out
- 300g plain Greek Yogurt
- 2 tsp white wine vinegar (you can use red wine vinegar or apple cider vinegar if you prefer)
- 1 tbsp lemon juice
- ½ garlic clove, minced
- 1 tbsp extra virgin olive oil
- ½ tsp salt
- Cracked black pepper

### **To cook/serve**

- 1 tbsp olive oil
- Flatbreads/wraps/pita bread
- Lettuce
- Tomato slices
- Red onion slices
- 8 x skewers (if using wooden skewers soak them in water for around 30 mins before using, this will stop them burning or splintering)

### **Instructions**

#### **Chicken**

- Place the chicken and all the marinade ingredients into a bowl and set aside to marinate for at least 3 hours or ideally overnight. The longer you marinate the deeper the flavour.
- After the chicken has marinated, thread the chicken into 8 skewers.
- Heat the olive oil in a large skillet over a high heat (or a BBQ when the weather gets warmer). Cook the skewers for 3 minutes on each side of until cooked all the way through.

## **Tzatziki**

- Cut the cucumber in half lengthways. Use a teaspoon to scrape the watery seeds out. Coarsely grate the cucumber using a grater then wrap in a clean tea towel and squeeze to remove the excess liquid.
- Place cucumber in a bowl. Add remaining ingredients then mix to combine. Set aside for at least 20 minutes for the flavours to really combine.

## **To assemble**

- Take the flat bread and place lettuce, red onion and tomatoes on one half, remove the chicken from the skewer and place on top of the salad, drizzle with your desired amount of tzatziki, fold in half and enjoy.

This is a great recipe to place all the components on the table to allow the family to build their own, you can add chipped potatoes sprinkled with Oregano to the wrap or serve it with a Greek salad with feta cheese, olives, cucumber and tomatoes.

You can replace the Chicken with pork or halloumi if you prefer and this is a great dish to prepare the meat in advance, chop the chicken and place in a zip lock bag along with all the marinade ingredients and place in the freezer. The chicken will then marinade as it defrosts ready to be placed on the skewers ready for cooking.