

SPICED CHICKEN SKEWERS WITH HERBY RICE

A delicious blend of herbs and spiced chicken skewers paired with a cool Greek yoghurt. Perfect for those summer get-togethers.

SERVES 4

15 mins to prepare

25 mins to cook

414 calories/serving

INGREDIENTS

6 boneless, skinless chicken thighs, cubed

3 tbsp curry paste

200g (7oz) fat-free Greek-style yoghurt

1 tsp sunflower oil

1 onion, chopped

1 tsp cumin seeds, roughly crushed

1 tsp ground turmeric

300g (10.5 oz) basmati rice

200g (7oz) spinach leaves, washed

Handful finely chopped coriander leaves

2 tbsp lemon juice

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2 tbsp lemon juice

1 Combine chicken, curry paste and 2 tbsp of yoghurt in a non-metallic bowl and set aside to marinate for 15 minutes.

2 Cook the onion until just beginning to brown. Add cumin, turmeric and rice and stir.

3 Add 450ml (3/4pt) water, cover, and simmer for 10 mins. Turn off the heat and add the spinach. Cover and leave to rest for 5 minutes. Stir through the coriander and lemon juice.

4 Thread cubed chicken onto 4 skewers (if wooden, soaked for 15 minutes). Place onto the barbecue on a medium/high heat. Cook for 5-6 minutes; turning regularly until they are cooked through and no pink meat remains. Or you could cook these on a hot griddle pan, turning until the chicken is thoroughly cooked.

5 Serve the chicken with the rice and the remaining yoghurt.



BBQ LAMB WITH SATAY SAUCE

Spicy and crunchy, these chops are the tops.

SERVES 4

20 mins to prepare

15 mins to cook

509 calories/serving

INGREDIENTS

12 lamb cutlets

3 tsp soft light brown sugar

1 lime, juiced, plus extra lime wedges to serve

3 tbsp light soy sauce

FOR THE SATAY SAUCE

1 garlic clove, crushed

5cm (2in) piece fresh ginger, peeled and finely grated

1 red chilli, seeded and finely chopped

3 tbsp crunchy peanut butter

Handful fresh coriander leaves to serve

1 Put the lamb in a non-metallic dish and sprinkle over 1 tsp sugar, half the lime juice and 1 tbsp light soy sauce. Turn to coat and set aside.

2 Mix garlic, ginger, chilli and remaining 2 tsp sugar in a frying pan over a medium heat. Cook for 3-4 mins, stirring, until the sugar dissolves and the mixture sizzles. Add coconut milk and peanut butter and simmer. Stir in the remaining lime and soy. Cover and set aside.

3 Lay the lamb cutlets directly on the BBQ bars. Cook for 2-3 mins each side, until well marked. Remove to a plate to rest and cover with foil.

4 Serve with the warm sauce.

Tasty tip:

The taste of meat and fish improves if you marinate it for at least an hour - the longer, the better. But remember to throw away any marinade that has been on raw meat.

Head to [tesco.com/flameacademy](https://www.tesco.com/flameacademy) for recipes, BBQ hacks, tips and tricks



MARINADE MASTER CLASS

Tips for BBQ brilliance



An instant flavour boost...

Once coals are ashen, add your favourite herbs (rosemary, thyme and sage are great) directly onto them before placing your meat on the grill.

A one-hour marinade for salmon...

Mix together 2 tbsp caster sugar, 4 tbsp mirin, 4 tbsp rice wine, 6 tbsp soy sauce. Heat in a pan to dissolve the sugar, then leave to cool. Place the fillets skin-side-up and pour over the cooled marinade. Cover and leave for 1 hour in the fridge.

When you have time...

This Cuban-style marinade transforms chops or chicken. Mix together 8 minced garlic cloves, 1/2 tsp salt, 1/2 tsp black pepper, 120ml orange juice, 2 tbsp lemon or lime juice, 1 tsp chopped oregano, 120ml olive oil and 1 tsp garlic powder. Put in a freezer bag. Add meat and coat with marinade. Leave in fridge for 4 hours or overnight.