**Chicken kebabs and couscous salad**

**Equipment**

Vegetable chopping board

Meat chopping board

Vegetable knife

Mixing bowl

Measuring jug

Kebab skewers

Scissors

Fork

**Ingredients**

2 Chicken breasts

½ Green pepper

½ Red pepper

1 Courgette

5 Cherry tomatoes

5 Mushrooms

For the marinade

1 x lemon

2tbsp olive oil

2 x garlic cloves

6 x Kebab skewers (can provided by school for cost of 30p)

1 stock cube

100g couscous

1 medium tomato

½ small red onion/2 spring onions

¼ cucumber

½ yellow pepper

1 x 15ml spoon parsley (optional)

**Leak-proof container to take it home in**

**cm**

**Method**

1. Add the juice of the lemon, olive oil and crushed garlic into a mixing bowl and mix together.

2. Slice the chicken in large cubes and add to the marinade. Mix together

3. Slice the vegetables into large pieces.

4. Skewer the kebab ingredients on kebab skewers ensuring that you get an even distribution of ingredients.

5.Cook the kebabs using the oven turning the kebabs over to ensure that they are cooked thoroughly

6. Make up the stock by dissolving the stock cube in the boiling water.

7. Pour the stock over the couscous in a large bowl.

8. Fluff with a fork and leave to stand for 5 minutes.

9. Chop the tomato and cucumber into small chunks.

10. Slice the pepper into small strips.

11. Slice the parsley into small pieces.

12. Add all the vegetables to the couscous and snip the spring onions into the bowl using the scissors.

13. Stir everything together.