

# CHICKEN & VEGETABLE SKEWERS



Prep and cook time: 1 hour

## Ingredients

- 450g chicken breast or thigh, cubed
- 1 red capsicum, cut into 3cm pieces
- 1 green capsicum, cut into 3cm pieces
- 1 zucchini, cut into rounds
- 1 red onion, cut into 3cm pieces
- juice and zest of 1 lemon
- 2 tablespoons olive oil
- 4 cloves garlic, crushed
- 1/2 teaspoon pepper
- 1 tablespoon fresh thyme leaves, finely chopped (you can substitute for 1/2 tablespoon dried thyme)
- wooden skewers

Lunchbox tip: remember to always pack an ice brick when packing chicken in the lunchbox



## Method

1. Place chicken, capsicum, zucchini and onion a into a large bowl and set aside.
2. In a small bowl, whisk together lemon juice and zest, olive oil, garlic, pepper and thyme. Pour over chicken and vegetables and toss to coat.
3. Place chicken and vegetables in the fridge. Leave to marinate for at least 30 minutes.
4. Thread chicken and vegetables onto skewers, alternating between each.
5. Grill 2-3 minutes each side, rotating 4 times, or until chicken is cooked through. Alternatively, skewers can be baked at 180°C for 25 minutes or until the chicken is cooked through.
6. Refrigerate skewers until they are ready to be packed in the lunchbox.