

Mini Chicken and Peanut Kebabs



The peanuts not only add a crunch, but also add heart-healthy monounsaturated fat, fibre and folate to this exciting family supper.

Recipe works well with any meat.

Makes 15 kebabs
Serves 6 as main meal
Or 30 cocktail kebabs

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Ingredients

500g minced chicken
2 cloves garlic crushed
1 cm root ginger crushed
1/4 tsp salt
2 tsp paprika
1 tsp cumin seeds
2 tbsp chopped fresh mint
2 tbsp chopped fresh parsley
1/2 tsp coriander seeds
100g (2 heaped tbsp) low fat natural yogurt
150g salted American peanuts

To serve: 6 pitta breads (standard size) & fresh green salad

Method

1. Preheat the grill to medium. Mix all the ingredients together.
2. Form into 15 sausage shapes, using a golf ball-sized amount of the mixture for each.
3. Grill the kebabs until well browned, turning often for 10-15 minutes. (Grill with or without skewers).
4. Stuff the salad into the pitta breads and then add the kebabs (Slice three of the kebabs lengthways and serve two and a half kebabs per person).

Cook's note: the mixture can be prepared a day ahead and stored uncooked and covered in the fridge. When they are chilled, the kebabs are more solid and you can pierce them onto skewers before cooking if you prefer.

Nutritional analysis

Analysis is given for kebabs as main meal with 1 standard sized pitta per portion, plus a green salad.

Per portion: 513kcal; 17g Fat, of which 11.9g is Unsaturated; 4.3g Dietary Fibre; 831mg Potassium; 0.76g Sodium; 108mg Magnesium; 0.066mg Folate; 29% calories from fat.

Full nutritional analysis is available on request.

Source UK Nutrient Databank: McCance & Widdowson's The Composition of Foods, HMSO.

For more information, nutritional advice, or to request high-resolution photography, please contact: nutrition@peanutsusa.org.uk



Look for the words 'American Peanuts' or the Quality USA logo on packaging to be assured that you are buying great tasting, high quality peanuts and peanut butter.