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FULL OF GOODNESS

**COOK UP A
TASTE OF HOME**
with
LEE DURU

RECIPE

**GREEK STYLE CHICKEN SKEWERS,
GRILLED ASPARAGUS AND TZATZIKI
DRESSING (BREAST FILLET)**

**COOKING TIME: 30 MIN
SERVINGS: 2**

EQUIPMENT REQUIREMENTS

- Gas stove and oven
- Chopping boards
- Cast iron griddle pan
- Tongs
- Spatula
- Skewers
- Chef's knife
- Peeler
- Whisk
- Mixing bowl
- Serrated knife
- Measuring cups and spoons
- Serving ware

INGREDIENTS

- Chicken thighs or breasts
- Marinade:
 - 200 ml double cream
 - 30 ml honey
 - 30 ml hot mustard
 - Juice of 1 lemon
- Skewer and grill chicken
- Serve with tzatziki:
 - 100 ml yoghurt
 - 1 Tbls garlic
 - 10 ml honey
 - Zest of 1 lemon
 - ½ Small cucumber, grated
 - Salt and pepper
- Grilled asparagus
- Olive oil
- Asparagus
- Salt and pepper

INSTRUCTIONS

- Bash chicken fillets to flatty.
- Dust chicken in flour.
- Heat pan to medium hot heat.
- Add oil
- Season chicken with salt and pepper.
- Add chicken and cook 2 – 3 min each side.
- Add knob of butter, fresh thyme and squeeze of lemon 1 min before removing chicken from pan.
- Baste with butter and then remove.
- Add more oil and tomatoes, cook until skin just splits, season with salt and pepper using grinders and remove from heat.
- Rinse spinach, peas and spring onion in colander and pat dry on clean, colourful tea towel.
- Make dressing in glass bowl using whisk – mustard, lemon juice, thyme, olive oil, salt and pepper.
- Build salad and top with chicken and lashings of peeled parmesan cheese.
- Dressing around plate.
- Thyme leaves for garnish.