

## Mediterranean Chicken Skewers with Chunky Tabouli

### Moroccan Spice Blend Balsamic Dressing

*Serves 1*

*Preparation time 15 minutes*

*Cooking time 6 minutes*

#### Ingredients:

**120g chicken breast cut into thick strips\***

**1 teaspoon Moroccan Spice Blend**

**Squeeze of lemon juice**

**Olive oil spray**

#### Tabouli

**½ cup flat leaf parsley roughly chopped**

**¼ cup fresh mint roughly chopped**

**½ tomatoes roughly chopped\***

**70g green peppers cut into approx 2cm chunks\***

**Cucumber cut into 2cm chunks**

**1 shallot finely chopped\***

**2 tablespoons pumpkin seeds**

**2 tablespoons of Balsamic Dressing**

#### Method:

1. Put the bamboo skewers into a bowl of cold water to soak for 10 minutes.
2. Meanwhile rub the chicken with **Moroccan Spice Blend** and the lemon juice.
3. Thread the chicken onto the skewers and lightly spray with olive oil.
4. Heat a fry pan or grill plate and cook chicken for about 3 minutes each side.
5. Serve with chunky tabouli

#### To make Tabouli.

1. Combine all remaining ingredients in a bowl and toss.

\* Adjust weight to your portion size *For those not on the Quick Loss programme*



#### ...Cook's Tips

##### *Extra servings:*

To increase servings to include the rest of the family simply times ingredients by how many servings are required. (e.g. 4 x teaspoons of Moroccan Spice Blend. etc for four people)

*For those not on the Quick Loss program*

*Serve with Boiled Rice.*