



# MARINATED CHICKEN & CHORIZO SKEWERS

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

500g chicken breast fillet or thighs  
250g cooking chorizo  
4 tablespoon plain yoghurt  
1 - 2 tablespoon harissa paste  
Salt & pepper

Also, your choice of veggies: I like green and red peppers, red onions, mushrooms and courgettes

## METHOD

- Preheat oven to 190°C or prepare BBQ.
- In a large bowl, add the yoghurt and harissa and mix well.
- Add the chicken and mix well so chicken is fully covered.
- Slide in the fridge for 3-4 hours or overnight.
- When ready, assemble the skewers with the vegetables and chorizo.
- Slide in the oven for about 30 minutes or cook over BBQ.
- These will keep in the fridge and make a perfect leftover lunch the next day with a colourful salad

## PREP TIME

Prep time: 5mins + marinating  
Cooking time: 30mins

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