

3 different
ideas to try:

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arabic chicken and lamb

by Jo Simester

what you will need

Chicken in garlic and lime
Chicken wings, thighs or drumsticks
(2-3 per person)
Juice of 2 Limes and 1 clove garlic

Herb and spice chicken
Chicken wings, thighs or drumsticks
(2-3 per person)
Juice of 2 lemons and 1 clove garlic
1 onion finely chopped
1 finely chopped chilli
1 teaspoon ground coriander or allspice
1 teaspoon of mixed herbs

Lamb kofta
400g/14oz minced lamb
(reduced fat variety if available)
2 onions chopped very finely
1 can chopped tomatoes
2 teaspoons of mixed herbs, black pepper
1 teaspoon allspice or cumin

get cooking

Chicken in garlic and lime
Mix the juice of 2 limes with the crushed garlic in a large bowl. Add the chicken pieces and stir well and then leave overnight in the fridge. Grill, roast or barbeque until cooked through.

Herb and spice chicken
Mix the lemon juice, crushed garlic, onion, chilli and herbs and spices in a bowl. Add the chicken pieces and stir well to coat the chicken in the mixture.

Place in the fridge for a couple of hours and then roast or barbeque.

Lamb kofta
Mix all the ingredients together well. Shape the mixture into balls (golf ball size) and lay in a single layer in a roasting tin with the slices of onion.

Pour over the tin of tomatoes.

Bake in the oven (180 C /gas mark 4) covered with foil for 45 minutes. Uncover and then cook for a further 20-30minutes until browned.



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