

# George Foreman

Great Tasting Healthier Food In Minutes

## Herbed chicken & mushroom kebabs



quick & easy snacks



serves 4 people



10 MINS

cooking time



great for kids

*"cooked to perfection in minutes!"*

### You will need:

- 4 boneless and skinless chicken breast halves
- 455g fresh whole mushrooms
- 1 tsp dried rosemary
- 1 tbsp dried parsley
- ½ tsp dried thyme
- ¼ cup lemon juice
- 2 tbsp white vinegar
- ½ cup non fat chicken broth
- 1 tsp black pepper
- 8x 10 inch wooden skewers

### To make:

Cut the chicken into 1 inch pieces & place in a medium bowl with the mushrooms. Mix the rosemary, parsley, thyme, juice, vinegar, broth, salt & pepper & pour over the chicken & mushrooms. Marinate for 4-12 hours in the refrigerator.

Assemble the kebabs, thread the chicken & mushrooms on the skewers. Place the kebabs on a pre heated grill for 5-7 minutes, or until the chicken is fully cooked & the mushrooms are lightly charred.