

Less than 1 hour

Serves 4

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Ingredients:

- 3 cups (750ml) bulgur wheat
- Handful each fresh mint, parsley and coriander
- Salt and milled pepper
- Juice (60ml) of 1 lemon

Grilled tomatoes:

- 2 packets (250g each) cherry or rosa tomatoes
- 1 red onion, cut into petals
- 2 Tbsp (30ml) olive oil
- 1 tsp (5ml) each cumin seeds and smoked paprika
- 4 sprigs each thyme and oregano
- 2 cloves garlic, thinly sliced

Skewers:

- 4 large (about 700g) PnP free-range chicken breast fillets
- 1/2 cup olive or canola oil
- 1/2 Tbsp (7ml) each smoked paprika, ground cumin and ground coriander
- Juice (60ml) and grated peel of 1 lemon
- 5 sprigs thyme, leaves picked
- Salt and milled pepper

- PnP double-cream plain yoghurt, for serving (optional)

Method

GOOD IDEA

Swap out the bulgur wheat with brown rice or quinoa if you like.

1. Preheat oven to 200°C.
2. Cook bulgur wheat according to packet instructions.
3. Toss with herbs, seasoning and lemon juice in a serving bowl. Set aside.
4. Toss grilled tomato ingredients together on a baking tray in a single layer (for even cooking).
5. Roast for 15-18 minutes, then turn on oven grill and char for 7-10 minutes on high.
6. Slice chicken breasts into thick strips and coat in oil, spices, lemon peel and juice, thyme and seasoning.
7. Thread 2-3 chicken strips onto each skewer.
8. Grill chicken skewers on a smoking-hot griddle pan for 8-12 minutes, charring well on all sides.
9. Serve on herby bulgur wheat topped with grilled tomatoes, and yoghurt if you like.

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