

Arum Nixon's Spiced Chicken Skewers with Freekeh and Peas

This recipe uses chicken thigh, and if you still mainly cook with chicken breast you might soon be converted. Thigh has better flavour, and the fat stops it from drying out, especially when grilled like this. Marinating in yoghurt helps to tenderise the meat too. Freekeh is a type of grain, which you'll find in good grocery stores – it's harvested whilst still green, meaning it's packed with loads more nutrients (and delicious nutty flavour).



Westfield



Royale Poultry

Arum Nixon's

Spiced Chicken Skewers with Freekeh and Peas

Ingredients

- 150g natural yoghurt
 - 1 small onion, peeled and grated
 - 50ml olive oil
 - 2 tbs lemon juice
 - 1 garlic clove, crushed
 - 2 tsp ground coriander seeds
 - 2 tsp ground cumin seeds
 - 2 tsp sumac
 - ¼ tsp salt
 - 600g chicken thigh, cut into bite-sized pieces
- For the Freekeh and Peas:**
- 100g freekeh
 - 200g frozen peas
 - 60ml olive oil
 - Juice of ½ lemon
 - 1 tsp sumac
 - Salt to taste
 - ½ bunch flat-leaved parsley, roughly chopped
 - ½ bunch coriander, roughly chopped
 - ½ bunch mint, roughly chopped

Method

1. At least 2 hours before cooking, or preferably the night before, add the yoghurt, onion, oil, lemon, garlic, spices and salt to a large bowl and mix well. Add the chicken thigh and mix well to coat all the pieces. Cover and leave in the fridge to marinate.
2. Meanwhile, make the freekeh and peas. Bring a medium pan of salted water to the boil, add the freekeh and simmer for 30–35 minutes. Drain well and set aside. Bring another pan of water to the boil, add the peas, and cook for 2 minutes. Drain and refresh in cold water, then add to the freekeh.
3. Whisk together the oil, lemon juice and sumac to form a dressing. Season to taste, then stir through the peas and freekeh. Finally add the herbs and toss through to serve.
4. To cook the chicken, thread pieces onto skewers. Heat a BBQ or grill pan to a medium to high heat, and grill the skewers for 8–10 minutes until slightly charred on the outside and the meat is cooked through. Serve with the peas and freekeh.

Tips and Tricks

- Don't forget your BBQ for winter cooking as well as summer! The heavy cooking plate helps caramelise the outside of meat really well without losing heat.
- To check if the chicken is cooked, put the end of a sharp knife in to the middle and see if the juices that run out are clear – if so, it's cooked.
- This side could make a heartier dish in its own right – add some more leaves, crumbled feta, and maybe some cherry tomatoes. As peas are snap frozen as soon as they're picked, you never need to worry if they're in season – making this a great winter option.

Serves 4