



# Tandoori chicken & tomato kebabs with grain salad



An easy but delightful salad – ready in just 25 minutes and perfect for summer evenings.

Healthy

Low in saturated fat

2 of your 5 a day

9 plant varieties

Serves

2

Course

Main meal

Prepare

5 mins

Cook

20 mins

Total time

25 mins

## Ingredients

**250g** pack mixed baby tomatoes

**250g** pack chicken tandoori kebabs

**210ml** bottle Cooks' Ingredients Pomegranate Molasses

**300g** pack wheatberries, lentils & green vegetables

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## Method

- 1 Thread a few whole baby tomatoes onto the kebabs, then cook according to pack instructions.
- 2 Mix 1 tbsp pomegranate molasses with 1/2 tbsp water to loosen, then baste the kebabs with it now and again as they cook. Quarter the remaining tomatoes.
- 3 Heat the wheatberries according to pack instructions, then tip into a bowl. Fold in the quartered tomatoes and check the seasoning. Allow to cool a little.
- 4 Serve with the kebabs (take them off the skewers if you like), and an extra drizzle of dressing.

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## Nutritional

Typical values per serving when made using specific products in recipe

Energy	1,757kJ/ 418kcal
Fat	10g
Saturated Fat	1.6g
Carbohydrates	40.5g
Sugars	13.8g

Fibre	12.9g
Protein	35g
Salt	1.6g