



I wasn't in the greatest mood yesterday as I had a bit of face pain. A bit?.. But it was my turn to cook so I threw this together. Not as good as Sue's dishes presentation wise, but we've not staved or died of food poisoning - which is a bonus!

Kebabs:-

Ingredients:-

Cubed Chicken Breast (We had a large discount isle Chicken at £2.19 so I just lopped the breasts off)

1 Red Pepper, chopped

1 large Onion, quartered

Mushrooms, halved

Salt, Pepper and Oil to dress

1 Lemon

Method:-

(1) Mix the Salt & Pepper into the Oil

(2) Thread all the bits and bobs onto a skewer alternating the items.

(3) Drizzle with the Oil mix.

(4) Pop in a pre-heated oven and 180c until the Chicken is cooked.

The sauce for the Rice Noodles was a simple tinned Tomato, sliced Gingers and chopped home pickled Garlic gig. A bit of grated cheese and sliced Spring Onion to dress, a squeeze of Lemon you're good to go!

