

Balance Box

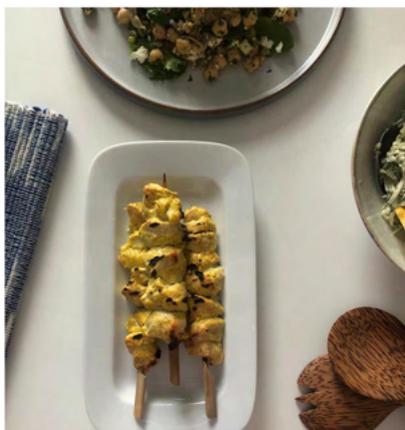
BBQ DAY PLAN

Following your BBQ shop and preparation, here is your BBQ Plan.

These delicious, fuss-free dishes offer something for everyone. Following these timings should mean your BBQ on the table by 1.30pm.

Menu

- Lamb Cutlets with Mint Riata
- Tumeric Chicken Skewers
- Grilled Sweet Potatoes
- Chilli Creamed Corn
- Chilli and Feta Salad
- Celeriac Remoulade



SERVES 4

12.30pm

Lay the table

12.45pm

Light your BBQ. The charcoal BBQ is ready when the coals are glowing red and covered with a thick layer of white ash and you should be able to hold your hand above it for about 5 seconds. (If using a gas BBQ, it will be ready to cook on in about 10 minutes).

Remove the meat from the fridge and allow it to come to room temperature.

12.50pm

Finish preparing the side dishes. Finely chop 1 tablespoon of flat-leaf parsley and sprinkle it over the celeriac remoulade. Finely chop 1 tablespoon fresh coriander and sprinkle over the creamed corn.

1.15pm

Thread the chicken pieces onto the skewers and place on the BBQ with the lamb. Cook the chicken for 10 minutes, turning every 2 minutes to ensure even cooking. Cook the lamb for 2-3 minutes each side for medium rare. Remove from the BBQ, cover with foil and leave to rest until you are ready to serve. Meanwhile, brush the top of the sweet potato slices with the garlic-infused oil and cook on the BBQ for 2 minutes. Turn them over, lightly brush the other side with the oil and cook for 2 more minutes.

Put the lamb and raita, and the chicken skewers on serving dishes. Put the sweet potato slices on a serving dish, squeeze over the lemon juice and a sprinkling of black pepper. Serve with the side dishes.

Notes:

Please note cooking times may vary slightly, depending upon how long it takes your BBQ to reach cooking point, and the temperature of your BBQ. Remember to regularly check dishes as they cook.