

# Balance Box

## INGREDIENTS LIST - SERVES FOUR

When it comes to a BBQ, preparation is the key to success. To save you time, we've prepared a BBQ shopping list which you can print out and take to the shops. Before you start to cook, it's a good idea to weigh and separate out everything you need for each dish. See below for the ingredients for each individual recipe.



### Lamb Cutlets with Mint Riatia

- 3 tablespoons low-fat natural yoghurt
- ¼ cucumber
- ½ garlic
- 1 tablespoon mint
- 4 lamb cutlets



### Turmeric Chicken Skewers

- 1 teaspoon turmeric
- ¼ teaspoon chilli powder
- Juice of 1/2 lemon
- 1 garlic clove,
- 50ml low-fat natural yoghurt
- 2 free-range chicken breast
- 4 skewers



### Grilled Sweet Potatoes

- 1 tablespoon olive oil
- 1 garlic clove
- 1 large sweet potato
- 1 lemon
- Ground black pepper



### Chilli Creamed Corn

- 2 teaspoons olive oil
- 1 small onion
- 1 red pepper
- ½ jalapeno pepper (from a jar)
- 1 teaspoon smoked paprika
- ½ teaspoon cayenne pepper
- 325g tin sweetcorn kernels
- 1 tablespoons half-fat cream cheese
- 1 tablespoon low-fat crème fraiche
- 1 tablespoon fresh coriander



### Chickpea, Chilli and Feta Salad

- 1 tablespoon olive oil
- 1 large red chilli
- 3 garlic cloves
- 1 red onion
- 40ml cider vinegar or white wine vinegar
- 400g tin chickpeas
- 80g feta cheese
- 2 tablespoons extra virgin olive oil
- 2 spring onions
- Small handful coriander
- Small handful flat-leaf parsley
- Freshly ground black pepper



### Celeriac Remoulade

- 50ml half-fat crème fraiche
- 1 teaspoon wholegrain mustard
- Juice of ½ lemon
- 1 tablespoon capers
- 1 tablespoon cornichons
- 200g celeriac
- 1 small apple
- 1 tablespoon flat-leaf parsley
- Freshly ground black pepper