

# Balance Box

## BBQ PRE-PLAN

Barbecue season is in full flow, and here at Balance Box we know that preparation is the key to a successful, stress-free day. We've put together some of our favourite summer recipes from our Founder, Jennifer Irvine, in a handy barbecue guide. With a handy shopping list and a guide to timings on the day included, we're sure our guide to timings on the day included, we're sure our guide to the perfect barbecue will be a go-to for all of your al fresco events this summer.

### Menu

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



- 1. Marinate the turmeric chicken.** Mix together 1 heaped teaspoon turmeric, ½ teaspoon of chilli powder, 2 tablespoons of lemon juice, 1 crushed garlic clove and 50ml low-fat natural yoghurt in a large mixing bowl. Cut the chicken into bite-sized pieces and coat it in the marinade. Cover and refrigerate until 30 minutes before cooking.
- 2. Make the mint raita.** Peel, deseed and roughly chop ¼ cucumber. In a bowl, mix the cucumber with 3 tablespoons low-fat natural yoghurt, ½ crushed garlic clove and 1 teaspoon chopped fresh mint. Place in a serving bowl and refrigerate until ready to serve.
- 3. Peel and roughly grate 200g celeriac and 1 small apple.** In a large bowl, mix together 50ml half-fat crème fraiche, 1 teaspoon wholegrain mustard, juice of ½ lemon, 1 tablespoon capers and 1 tablespoon cornichons. Add the grated celeriac and apple into the dressing and mix together. Adding the dressing stops the celeriac going a funny colour. Refrigerate ready for tomorrow.
- 4. If using wooden skewers, soak them in water.**
- 5. Prepare the chickpea, chilli and feta salad.** Deseed and finely chop 1 large red chilli, finely chop 3 garlic cloves and 1 red onion. In a small non-stick pan, heat 1 tablespoon of olive oil. Add the chilli, onion and garlic and cook over a medium heat for 3-5 minutes, stirring constantly to prevent sticking. Add 40ml cider or white wine vinegar and leave to boil rapidly, until the liquid has almost completely evaporated – about 3-5 minutes. Drain and rinse a 400g tin chickpeas, crumble 80g feta cheese and finely slice 2 spring onions. Mix together the chickpeas, spring onion and feta cheese with the salad dressing and refrigerate until ready to serve.
- 6. Prepare the sweet potatoes.** Fill a large pan of water and bring to the boil. Slice the sweet potatoes lengthways into 2cm thick slices. Add the sweet potato slices, reduce the heat and leave to simmer for about 6 minutes until a sharp knife can pierce the centre. Drain the potatoes and lay on a flat surface to cool. Once cool, refrigerate until ready to grill on the BBQ. Prepare the garlic oil by placing 1 tablespoon olive oil with 1 thinly sliced garlic clove in a small saucepan over a low heat. As soon as the garlic starts to soften, take the pan off the heat, and set aside until ready to grill the sweet potato.
- 7. Make the chilli creamed corn.** Finely dice 1 small onion and 1 deseeded red pepper. Drain and finely slice ½ jalapeño pepper from a jar. Heat 2 teaspoons olive oil in a non-stick pan and add the onion. Cook until soft over a medium heat. Add the pepper, 1 teaspoon smoked paprika and ½ teaspoon cayenne pepper. Stir well, lower the heat, and cook for 5 minutes. Drain and add 345g tin of sweetcorn kernels to the pan and allow to warm through. Blend the mixture to your preferred consistency using a hand-held blender or food processor until at least half of the mixture is completely smooth. Stir in 1 tablespoon half-fat cream cheese and 1 tablespoon low-fat crème fraiche. Put in a serving bowl and chill until ready to serve.