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BBQS AND BADMINTON

THE BBQ BIT

Recipes to
accompany your at-
home Badminton
Bash



THE BBQ BIT

Disclaimer: Our social media team got to name these recipes.

Disclaimer #2: None of these recipes have more than 3 steps.

Smashing Skewers

2 Large Pittas, heated to serve
100g hummus, to serve

Skewers

2 chicken breasts, cubed
2 tsp olive oil
2 tsp dried oregano
Dried chilli flakes (Just a pinch!)
Juice of 1 lemon



Step 1

Put the chicken into a bowl, season really well, add the olive oil, oregano and chilli flakes, and toss well. Skewer the chicken – tends to make 4!

Step 2

Heat the grill to high and cook the chicken for 4-5 minutes on each side or until charred and cooked through. Squeeze over the lemon juice.

Step 3

For the salad, whisk together the olive oil and vinegar with a little seasoning in a large bowl, then tip in the remaining ingredients and toss well.

Serve the chicken stuffed into pittas with hummus (or ketchup!)

Socially Distanced Watermelon and Strawberry Slushie

1 small watermelon

225g punnet of ripe strawberries, tops cut off

Juice of 2 limes

Step 1

The day or morning before you want to drink the slushie cut the watermelon into chunks and remove the skin and seeds. Place half the watermelon wedges into a large freezable bag then pop in the freezer for a few hours.

Step 2

Once frozen, blitz the frozen watermelon with the rest of the watermelon, strawberries and lime juice until smooth and slushy. Pour into glasses and sip through a straw.



Coach's Corn on the Cob

100g butter, at room temperature

1 tbsp runny honey

1 tbsp tomato ketchup

2 fat garlic cloves, crushed

2 tbsp harissa

6 corn cobs (cut into two if you have more than 6 guests!)

Step 1

Mash together the butter, honey, ketchup, garlic and some seasoning, beating until quite smooth. At this point, if you are also cooking for children, split the mix into two serving bowls, before stirring the harissa into just one bowl. Add a pastry brush to each butter mix.

Step 2

Wrap each corn cob in a double layer of foil. Barbecue, turning, for 30-35 mins until tender and a little charred. If you want them more blackened, simply unwrap and throw directly on the barbecue for a few more mins (We set fire to two cobs this way so be careful!)

Pile onto plates and let everyone butter their own.

Cheeky Chicken Burgers

4 skinless, boneless chicken breasts
4 rashers bacon (optional)
4 large burger buns, sliced in half
lettuce, tomato and red onion, to serve

For the sauce and marinade

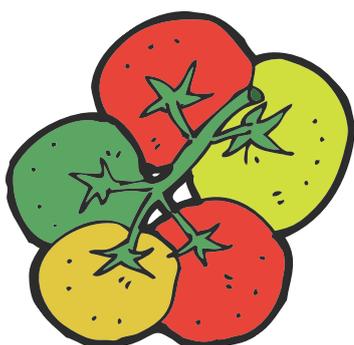
4 tbsp tomato ketchup
4 tbsp brown sauce
Splash chilli sauce (optional)
2 tsp clear honey
2 garlic cloves, crushed

Step 1

Make the sauce and marinade by mixing everything together in a large bowl, then put a few spoonfuls aside. Slice halfway into the thickest part of each breast and open it up like a book. Flatten down slightly with your hand, then toss in the bowlful of marinade to coat. Chill for as little, or as long, as you have time to.

Step 2

Barbecue the chicken for about 10 mins until completely cooked through, turning so it doesn't burn but is nicely charred and sticky. Cook the bacon at the same time until crisp, if using, and toast the buns. Assemble the burgers with lettuce, slices of tomato, onion and the reserved sauce on the side for dolloping on top.



Two Meter Tomato, Cucumber & Coriander Salad

6 ripe vine tomatoes, chopped
1 small cucumber, diced
1 red onion, very finely chopped
6 tbsp fresh coriander, chopped

Step 1

Mix together the tomatoes, cucumber, red onion, and chopped coriander, but don't season until just before serving