

## IT'S NEVER TOO LATE TO JOIN OUR FAMILY FAKEAWAY CHALLENGE!

We all like to treat ourselves to a night without cooking by ordering some convenience food. Unfortunately, those “treats” can have a negative impact on your whole family’s health and wellbeing especially if you eat them often.

### How to take part:

1. You will receive a weekly recipe for a nutritious Move More Family Fakeaway.
2. Prepare this recipe with your children and enjoy it as a family.
3. Send us photos to show your family preparing and/or enjoying the meal together (Photos won’t be shared or used without your permission).
4. Photos should be sent to [marijana@move-more.org](mailto:marijana@move-more.org)
5. The winning photo will be announced at the end of the challenge.



## WEEK FOUR

### Kebabs & Flatbreads!

On average, a takeaway kebab can contain an entire day’s fat in one meal which can be bad for your heart. When you make your own kebabs – you are in control of how much fat is included! You can also further reduce the fat content by choosing to cook with leaner meats, such as chicken.

### Top Tips!



Homemade flatbread is a great option as you can control everything that goes into your flatbread, use whole grains, and low-fat options. You can also add in ingredients like flax seeds for added nutrition. Flax seeds are high in omega-3 fatty acids and fibre, which are super important for keeping your heart and gut healthy.

### Did you know...

Regularly eating takeaways can cause people to struggle with feelings of sluggishness and lacking motivation to carry out their normal, everyday tasks. This is because takeaways are often full of saturated and trans fats which are difficult for your body to digest. When we eat a takeaway meal, our bodies must work harder to break down these fats while taking away blood and oxygen from other organs and muscles making us feel tired.



# Kebabs & Flatbread

Prep time: 10 minutes

Marinating time: 120 minutes

Overall cooking time: 30 minutes

Serves 4

## Shopping List

### Chicken kebabs:

- 4 cloves of garlic
- 3 cm piece of ginger
- 140 g natural yoghurt
- 60 ml passata
- olive oil
- 2 teaspoon garam masala (optional)
- 1 teaspoon smoked paprika
- 1 teaspoon ground turmeric
- 4 skinless chicken breasts
- 2 large red peppers (add other veggies if you like, such as shallot and courgette)
- Salad - A selection of fresh, vegetables, such as spinach, cabbage, lettuce, tomatoes...

### Flatbread:

- 350 g self-raising flour plus extra for dusting
- 1 teaspoon baking powder
- 350 g natural yoghurt
- A tablespoon of flaxseeds (optional)

1. Place 12 wooden skewers into a tray of cold water to soak, this will stop them burning.
  2. Peel the garlic and ginger, finely grate and place into a large mixing bowl.
  3. Add yoghurt, passata, 1 tablespoon of oil and spices, mix well.
  4. Slice chicken into bite-sized chunks, add to the bowl, season with a tiny pinch of sea salt.
  5. Toss everything together to coat, then cover with clingfilm and place in the fridge to marinate for 2 hours.
  6. Halve and deseed the peppers, roughly chop into chunks, roughly the same size as the chicken. Repeat with vegetables if using.
  7. Remove the skewers from the tray, discard the water and wipe the tray dry.
  8. Add flatbread ingredients to a mixing bowl and mix with a spoon, use clean hands to pat and bring together.
  9. Dust a clean work surface with flour then tip out the dough.
  10. Knead for a minute to bring it all together – no need to do it for too long. Put the dough in a bowl and cover until you prepare your kebabs.
  11. Divide and thread the ingredients onto skewers – don't push them too close together, they won't cook properly.
  12. Warm your grill up & Drizzle the skewers with a little oil, place on a tray and cook for 10-15 minutes or until cooked through, turning every 2 minutes.
  13. Dust a clean work surface and rolling pin with flour. Divide the dough in half, divide each half into 6 equal-sized pieces.
  14. Pat and flatten the dough by hand, then using a rolling pin, roll into 12cm flatbreads.
  15. Place the griddle pan on a high heat, cook each one for 1-2 minutes on each side or until bar-marked and puffed up.
- Once cooked, transfer the kebabs to a platter and serve with a fresh zingy salad and flatbreads.

**Missed a challenge? Fear not!**

**You can download previous weeks here >>**

**<https://www.move-more.org/at-home-resources/>**



Email: [marijana@move-more.org](mailto:marijana@move-more.org)

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Don't Forget to Tag & Follow us @MoveMoreCIO

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