



BBQ Chicken Breast with
Potato Kebabs

BBQ Chicken Breast with Potato Kebabs



Preparation Time: 10 mins (plus 1 hr to marinate chicken)
Cooking Time: 35 mins Serves: 6

Recommended Potatoes:
Royal Blue, Nadine, Nicola

Ingredients

- 3 potatoes
- 6 fresh chicken breasts
- Vegetable oil



Marinade:

- 1 cup soy sauce
- Juice of lemon
- 1 cup olive oil

- 1 tablespoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon freshly ground black pepper

Method

1. Combine the marinade ingredients, mix well, pour over the chicken and let stand for 1 hour.
2. Leaving the skin on the potatoes, use a melon baller to scoop out potato balls. Blanch in boiling, salted water for 1 minute and thread onto skewers.
3. Rub with vegetable oil and cook on the BBQ for 15 minutes, basting occasionally with the chicken marinade.
4. Place the chicken breasts on the BBQ and cook for 20-30 minutes, basting frequently.
5. Serve with a fresh, green salad.

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Grilled Potato Salad

Grilled Potato Salad

Preparation Time: 5 mins (plus 1 hr to marinate potatoes)
Cooking Time: 15 mins Serves: 6



Recommended Potatoes:
Royal Blue, Nadine, Nicola



Ingredients

- 6 potatoes
- 2 tablespoons vinegar
- 3 tablespoons olive oil
- 1 teaspoon ground turmeric or curry powder
- 1 teaspoon rosemary or thyme leaves
- Salt and freshly ground pepper
- 1 tablespoon caraway seeds

Method

1. Cook the potatoes whole in a microwave or simmer in salted water until almost tender.
2. Drain and cool. Cut into 1cm slices.
3. Mix vinegar, olive oil, turmeric, rosemary, pepper and salt. Brush potato slices with the mixture.
4. Leave for 1 hour to absorb flavour.
5. Sprinkle each slice with a few caraway seeds and grill or barbecue until crisp, turning once.

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BBQ Rosemary Potatoes



BBQ Rosemary Potatoes



Preparation Time: 5 mins

Cooking Time: 15 mins

Serves 4 as a side dish

Ingredients

- 4 medium sized potatoes, cut into 4cm chunks
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh rosemary
- 1 teaspoon minced garlic
- Salt and pepper to taste

Recommended Potatoes:
Royal Blue, Nadine, Nicola



Method

1. Prepare a charcoal grill or preheat the kitchen grill.
2. Cook the potatoes in salted boiling water until tender, approximately 10 minutes. Cool slightly and thread them onto metal or bamboo skewers.
3. In a small bowl, mix together the remaining ingredients. Brush the skewers with the rosemary mixture.
4. Place potato skewers on the grill. Grill, basting and turning several times until the potatoes are browned and cooked. If using bamboo skewers, soak in warm water prior to use to prevent burning. If preferred the potato chunks may be cooked without the skewers on a greased BBQ plate turning to brown evenly.

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BBQ Salmon with
Potato & Onion Salad

BBQ Salmon with Potato & Onion Salad

Preparation Time: 10 mins Cooking Time: 1 hour 10 mins

Serves: 4



Recommended Potatoes:
Royal Blue, Nadine, Nicola



Ingredients

- 350g gourmet or small potatoes, boiled
- 1 handful curly endive or lettuce leaves per person
- 2 tablespoons water
- 50ml balsamic vinegar
- 8 large onions, sliced
- 100ml olive oil
- 4 medallions salmon fillet
- Salt and pepper to taste

Method

1. Place the onions into a pan and allow to cook very slowly for about an hour until the natural sugar from the onions starts to caramelise and brown, stirring occasionally.
2. Combine the olive oil, vinegar, salt and pepper and shake well.
3. Slice the warm potatoes and sprinkle liberally with the vinaigrette, mix with the onions and keep just warm.
4. Cook the salmon fillets on a very hot BBQ grill or plate for 3-4 minutes each side (time may vary depending upon thickness of the fillet).
5. Spoon some potato and onion onto the centre of a plate, sit some dressed endive on the potato and place the salmon fillet on top. Spoon some of the vinaigrette over and serve.

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