

Chicken skewers with vegetables

Serves: 4

Time

Preparation time 10 minutes

Marinating time 30 minutes

Cooking time 10 minutes

Ingredients

- 500g chicken breast fillets (approximately 3 fillets)

Ingredients for the marinade

- 2 tablespoons teriyaki sauce
- 1 garlic clove, peeled and crushed
- 1 teaspoon grated fresh ginger (or ½ teaspoon ground)
- pinch of chilli flakes
- juice of ½ lime
- 1 teaspoon honey

Ingredients for the stir-fried vegetables

- 2 teaspoons sunflower oil
- 1 red onion, peeled and sliced
- 1 red pepper, deseeded and sliced
- 1 yellow pepper, deseeded and sliced
- 100g mangetout, trimmed
- 2 teaspoons low-salt light soy sauce

To serve

- 225g uncooked brown basmati rice
- 1 lime, quartered (optional)



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Method

1. Trim and cut each chicken fillet into 4 long strips.
2. Stir the marinade ingredients together in a large bowl, add the chicken strips and coat well in the marinade. Cover with cling film and marinate for 30 minutes.
3. Soak 12 wooden skewers in hot water for ten minutes to prevent them from burning.
4. Preheat grill to high.
5. Thread the chicken strips onto wooden skewers and grill for 3–4 minutes on each side.
6. While the chicken cooks, heat 2 teaspoons of sunflower oil in a wok or large frying pan and quickly stir fry the vegetables for a few minutes until they begin to cook but still remain slightly crunchy.
7. Serve the chicken skewers with the stir-fried vegetables, cooked basmati rice (cook according to packet instructions), and lime quarters (optional).

Tip

This is an ideal recipe for cooking on a barbeque.