

Chicken and Vegetable Skewers

Serves: 4

Prep time: 20 minutes + 2 hours marinating

Cook time: 15 minutes



1 ½ serves per portion

Ingredients

400g lean chicken thigh, cut in 2cm cubes
½ bunch coriander, roughly chopped
½ red chilli, finely sliced
1 clove garlic, crushed
½ lime, juiced
1 tablespoon soy sauce, salt-reduced
2 tablespoons olive oil
8 bamboo skewers, soaked in water
1 red capsicum, cut in 1-inch cubes
1 red onion, half cut in 1-inch cubes, half sliced
8 medium mushrooms, cut in quarters

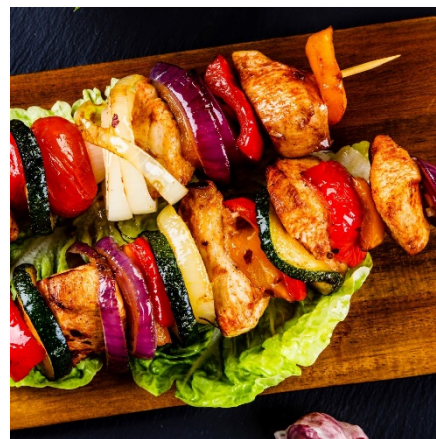
Method

MARINATE chicken in a large bowl with coriander, chilli, garlic, lime, soy sauce and olive oil for 30mins to 2 hours.

THREAD chicken, capsicum, onion and mushrooms alternately onto skewers and brush with olive oil.

PREHEAT BBQ and cook skewers on med-high heat for approximately 7-8 minutes each side until golden and cooked through.

SERVE with our light and crunchy coleslaw recipe or a garden salad on the side.



Everyday Food

Recipe courtesy of the Country Kitchens team