

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Chicken Skewers with Honey and Garlic

4 servings

### Ingredients

#### **Marinade**

- 1 tbsp vegetable oil
- 1 tbsp sesame oil
- 2 cloves, garlic peeled and minced
- 1 thumb sized piece of ginger root peeled and minced
- 3 tbsp soy sauce
- 3 tbsp runny honey

#### **Skewers**

- 2 chicken breasts chopped into bite sized pieces
- 1 red pepper, cut into bite sized pieces
- 1 onion peeled and sliced into squares
- 1 heaped tbsp sesame seeds
- Small bunch of fresh coriander roughly torn

### **Method**

Mix all the marinade ingredients together in a small bowl. Place the chicken in a plastic bag or a bowl and pour on  $\frac{3}{4}$  of the marinade (reserve the rest for brushing on the chicken during cooking). Cover and place in the fridge for 1 hour or up to a day.

If using wooden skewers soak them first in water or use metal skewers.

Heat the grill, griddle or barbeque until hot.

Thread a piece of chicken onto a skewer, followed by a piece of red pepper, then a piece of chicken and then a piece of onion. Repeat until each skewer is full. Discard any marinade left in the bag or bowl.

Place the skewers on the BBQ, grill or griddle and cook for 8-10 minutes until cooked through. Turn 3-4 times during cooking and brush with the reserved marinade half way through cooking. Check the chicken is cooked by opening up the largest piece and make sure it isn't pink in the middle.

Sprinkle with the sesame seeds and coriander. Serve with a mixed salad and some bread or potatoes.

### **Nutritional facts**

Calories – approx 281 per serving a

Fat – approx 11g per serving

Carbs – approx 19g per serving

Protein approx 26g per serving