

# Chicken and Vegetable Skewers

Food Foundations

## Ingredients

- 10 wooden skewers
- 400g chicken breast
- 2 tbsp salt reduced soy sauce
- 1 tbsp of honey
- 1 medium red onion, cut into 3cm pieces
- 1 large red capsicum, cut into 3cm pieces
- 1 large green capsicum, cut into 3cm pieces
- 1 lemon, to serve

Serves: 5

Prep Time: 10 mins

Cook Time: 10-15 mins



## Method

1. Soak skewers in water.
2. Cut chicken into 3cm cubes, and place in a bowl.
3. Add soy sauce and honey to bowl and stir well. Leave to marinate whilst preparing other ingredients.
4. Thread chicken onto skewer, followed by onion, red capsicum, and green capsicum. Repeat until all skewers are full.
5. Cook on BBQ for 8-10 minutes, or until cooked through. Turn occasionally.
6. Alternatively, cook in an oven preheated to 180 degrees and place kebabs on a lined baking tray. Bake for 12-15 minutes until cooked through, turning occasionally.
7. Squeeze lemon over to serve.

### Recipe Notes:

Try using other vegetables like mushrooms, zucchinis, pineapple and fish, tofu or red meat for variety. These skewers can be served with steamed rice for a balanced meal. For lunchboxes, remove cooked chicken and vegetables from skewer and store in a container.

Food Group	Serves per portion
Vegetables	1.4
Fruit	0
Grain foods	0
Lean meat and alternatives	0.8
Milk, yoghurt and cheese	0