

CHINESE CHICKEN KEBABS

These Kebabs are equally delicious cooked on a barbecue or grilled and served with rice for a complete meal.

Serves 2

Per serving: 204 calories, 1.6g fat
(excl. accompaniments)

Prep time: 10 mins

Marinate: 60 mins

Cook time: 20 mins

METHOD

1. Cut the chicken into chunks. Thread the chicken, red pepper and water chestnuts onto 4 wooden or metal skewers and place on a baking tray. Season with black pepper.
2. Mix together the remaining ingredients, then drizzle over the kebabs. Leave the kebabs for at least an hour in the fridge to allow them to absorb the marinade.
3. Cook the kebabs under a preheated hot grill or barbecue for 8 – 10 minutes each side.
4. Transfer to serving plates and garnish with spring onion. Serve with 1 blue Portion Pot (55g uncooked weight) or 1 red Portion Pot (144g cooked weight) boiled basmati rice per person plus salad or vegetables of your choice.

INGREDIENTS

2 medium-sized skinless chicken breasts
1 red pepper, diced
1 small can water chestnuts
1 tbsp dark brown sugar
1 tbsp cider vinegar
1 tsp finely chopped fresh ginger
1 tbsp tomato purée
freshly ground black pepper
chopped spring onions to serve

Chef's tip: For extra flavour make the day before and marinate the kebabs overnight in the fridge.

