



CHICKEN AND VEGETABLE SKEWERS

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 20 mins

Serves: 4-6



INGREDIENTS

- 4 chicken breasts, cut into 2 cm pieces
- 2 large red capsicums, cut into 2cm pieces
- 2 long green zucchini, cut into 1/2cm slices
- 10 button mushrooms, quartered
- 15 cherry tomatoes
- 4 spring onions, cut into 2cm lengths
- **MARINADE**
- 1 tsp garlic crushed
- 1 tsp grated ginger
- 1 tbsp honey
- 1 tbsp coconut aminos
- 1/2 lime juice
- 3 tbsp water

METHOD

- Mix all marinade ingredients together, and add chicken.
- Leave to marinade for several hours, or overnight.
- Soak wooden skewers in water to help prevent burning.
- Thread chicken, zucchini, capsicum, mushroom, spring onions and tomato up the skewer evenly. (I usually place 3-4 pieces of chicken per skewer)
- Cook on grill or BBQ for 5-10 minutes on each side.
- Eat hot immediately.