

Fruity BBQ Chicken Skewers

Total time **70 mins** 20 mins preparation time 30 mins marinating time 20 mins cooking time

Nutritional facts (per portion):
3372 kJ / 843 kcal

Fat: **34 g** Protein: **74 g**
Carbohydrates: **69 g**

INGREDIENTS

2 portion(s)

300 g chicken breast
Marinade:
1.5 tsp Tabasco Jalapeno sauce
6 tbsp Kikkoman Teriyaki BBQ-Sauce with Honey
2 cloves garlic
2 tbsp olive oil
1 bunch fresh mint
Plus
200 g fresh pineapple
1 red onion
1 red pepper
1 small courgette
Lime wedges, to garnish

PREPARATION

Step 1

Dice the chicken into large cubes. Place in a bowl. Add olive oil, 3 tablespoons Teriyaki BBQ-Sauce with Honey, chopped garlic, Tabasco sauce and chopped mint. Put aside for marinating.

Step 2

Cut the courgette into slices. Dice the pepper into large cubes. Cut the red onion in quarters. Dice the pineapple into big cubes - similar in size as the diced chicken.

Step 3

Soak wooden meat skewers in water before cooking.

Step 4

Alternately thread pieces of chicken and vegetables onto the skewers to make them look colourful.

Step 5

BBQ/grill the skewers on a medium preheated surface for about 15 min, turning from time to time for even cooking. Serve with lime wedges.