



Chilli and Garlic Chicken Skewers

Ingredients

- 300 g Chicken Breasts, diced
- 4 tablespoons Maggi Chilli Sauce with Garlic
- 80 g red cabbage, grated
- 1 small carrots, grated
- 2 spring onions, sliced
- 1 small Gala apple, cut into fine matchsticks
- 200 g Microwave brown rice (optional)
- 2 tablespoons Lime Juice
- 1 tablespoon Extra Virgin Olive Oil

Instructions

1. Soak wooden skewers in warm water for 20 minutes.
2. Cut the chicken into smallish chunks, throw into a bowl with the chilli sauce and leave to marinate for 15 mins
Heat the barbecue coals until they're ashen.
3. Thread the chicken onto the skewers and cook on the preheated barbecue or on a hot griddle for 12-15 minutes, turning occasionally until cooked and piping hot throughout.
4. Make the slaw – grate the cabbage or finely slice it, add to a large mixing bowl with the grated carrot and finely sliced spring onions and apple. Drizzle over the olive oil and squeeze over the lime. Add a little salt and pepper and toss everything together. Heat the rice in the microwave and serve together with the slaw and skewers.

Nutrition

Carbohydrate	56.86 g
Energy	607.07 kcal
Fat	13.44 g
Fibre	6.08 g
Protein	39.14 g
of which: saturates	2.19 g
Sodium	382.47 mg
of which: sugars	16.96 g

🕒 20 Minutes

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