

These skewers are great finger food for a workplace function or event, or as part of a healthy summer barbecue.

Nut free
Dairy free

Ingredients	10 serves	15 serves	25 serves
Bamboo skewers	10	15	25
Chicken thigh, lean, cut into cubes	1kg	1.5kg	2.5kg
Lemon juice	½ cup	¾ cup	1 ¼ cups
Olive oil	1/3 cup	½ cup	¾ cup
Honey	1 tablespoon	1 ½ tablespoons	2 ½ tablespoons
Garlic cloves, peeled, crushed	2	3	5
Cumin, ground	2 teaspoons	3 teaspoons	5 teaspoons
Turmeric, ground	1 teaspoon	1 ½ tablespoons	2 ½ tablespoons
Cayenne pepper	½ teaspoon	¾ teaspoon	1 ¼ teaspoons
Cinnamon, ground	¼ teaspoon	½ teaspoon	¾ teaspoon

Healthy Choices category:

GREEN
(Best choices)

Method

To prepare the skewers:

- 1 Soak skewers in shallow dish of cold water for 30 minutes. Drain.
- 2 Thread chicken onto skewers (leave at least 2cm free at one end of the skewers so that they can be held easily). Place in a shallow dish.
- 3 Combine half the oil and all remaining ingredients in a bowl and stir well to make the marinade. Pour marinade over the skewers and turn to coat.
- 4 Cover the skewers and refrigerate for at least 1 hour (or overnight).

When ready to cook:

- 5 Heat a BBQ plate to high and brush lightly with remaining olive oil.
- 6 Remove skewers from dish and transfer to BBQ plate. Cook for 3 min on each side or until cooked through. Serve.

Tips

- Serve with a side salad and baked potato to make a more substantial meal (we recommend catering 2-3 skewers per person if serving as a meal).

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.