

Chicken Kebabs

<p>6 chicken thighs 1 red or yellow pepper 1 large courgette 100 gr mushrooms 4 tbsps. soy sauce 1 tbsp. sesame oil 1 orange 1 tbsp. honey Grated ginger Garlic puree</p>	<p>Make marinade first. In a bowl, add soy sauce, sesame oil, honey, grated rind and juice of half an orange, ginger and garlic to taste. Stir well. Chop the chicken into large dice and drop into the marinade, ideally leave for at least 30 minutes. Continue to chop vegetables. Place chicken and vegetables alternatively on skewers. Drizzle remaining marinade over skewers. Place in a hot oven for 15 minutes turning once during cooking. These can also be barbecued.</p> <p>Serve with a home made coleslaw, corn on the cob, fresh asparagus.</p> <p>Alternatives use salmon or white fish or turkey.</p>
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