

Recipe of the Week 25
Barbadian chicken Skewers

The Barbadian chicken skewers are an ideal healthy choice for the barbecue season. They are high in protein to repair and rebuild damaged muscle fibres and vitamins to promote health and immunity.

Tip. To increase your iron stores you could replace the chicken with beef.



Ingredients

- 4 cloves of garlic
- 1 onion cut into 6 wedges
- 2 red chillies
- 6 spring onions
- 1 large green pepper cut into wedges
- 1 tablespoon of thyme
- 2 teaspoons of ground allspice
- Shake of Salt and ground black pepper
- 5 tablespoons of treacle
- 4 limes zested and juiced
- 4 skinless lean chicken breasts (cubed)

Serves: 2 - 4

Preparation time: 30 -minutes

Cooking time: 10-minutes

Each serving contains

- Energy (kcal) – 220kcal
- Carbohydrates –20g
- Protein – 23g
- Fat – 5g (3g saturated)

Method

1. Place garlic, spring onion, chillies, thyme, allspice and ginger into a food processer and blend until smooth. Season to taste with salt and pepper. Transfer into a mixture bowl and stir in treacle and lime juice. Place chicken in bowl, and turn to coat. Marinate for 24 hrs.
2. Pre-heat barbecue for high heat.
3. Remove from marinade, and thread chicken, onions and pepper onto skewers. Boil marinade in a small saucepan for 3 minutes.
4. Brush cooking grate with oil, and arrange skewers on hot grate. Slowly cook the chicken until slightly charred and cooked through, brushing with the marinade every time you turn the meat.

Adapted from: www.allrecipes.co.uk, 2010
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