



TERIYAKI PINEAPPLE, CAPSICUM & CHICKEN SKEWERS



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Preparation 25 mins + chilling time | Cooking 10 mins | Serves 4

- 1/2 cup teriyaki sauce
- 1 garlic clove, finely minced
- 1 tbs brown sugar
- 700g free-range chicken thigh fillets, cut into 3cm pieces
- 1 red and 1 yellow capsicum, halved, deseeded and cut into 3cm pieces
- 5 x 1cm-thick slices fresh pineapple, cut into 3cm pieces
- Leafy green salad and steamed rice, to serve

STEP 1 Combine teriyaki sauce, garlic and brown sugar in a large bowl. Mix until well combined. Transfer 2 tbs of the mixture to a small bowl. Set aside. Add chicken to the remaining mixture. Toss to coat. Cover and refrigerate for 30 minutes.

STEP 2 Thread drained chicken, capsicum and pineapple onto 8 pre-soaked bamboo skewers.

STEP 3 Preheat a char-grill pan or barbecue grill over medium heat. Char-grill or barbecue skewers, basting with the reserved teriyaki mixture and turning often, for 10 minutes until golden and cooked through. Serve with a leafy green salad and steamed rice.

Good for you... **PINEAPPLE**

A good source of manganese, a mineral that is needed for the normal development of bones, and connective tissue such as cartilage. The riper the pineapple, the higher the content of natural sugars. Unlike refined sugar, the sucrose in pineapple comes with a good complement of many vitamins and minerals.



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