

Apple, carrot & cucumber salad with chicken skewers



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Preparation 25 mins | Cooking 10 mins | Serves 4

750g chicken thigh fillets, trimmed and sliced

2 tbs olive oil

2 garlic clove, crushed

2 carrots, peeled

2 Lebanese cucumbers

1 Granny Smith apple

1 tbs lemon juice

1 green onion (shallots), trimmed and thinly sliced

1 tbs toasted sesame seeds

steamed jasmine rice, to serve

Orange, soy & honey dressing

¼ cup fresh orange juice (about 1 orange)

1 tbs honey

1 tbs salt reduced soy sauce

1 tsp sesame oil

STEP 1 Thread chicken onto 8 metal skewers (or use bamboo skewers that have been soaked in cold water). Combine oil and garlic in a bowl. Brush chicken with mixture.

STEP 2 To make dressing, combine all ingredients in a screw-top jar. Shake until well combined. Set aside.

STEP 3 Meanwhile, shred carrots and cucumbers lengthways and plunge into a bowl of cold water. Drain and dry, then place into a large bowl. Quarter and thinly slice apple, toss with lemon juice and add to carrot mixture. Add green onion and toss to combine. Arrange in a serving bowl. Sprinkle with sesame seeds.

STEP 4 Preheat a greased char-grill or barbecue on medium heat. Add chicken skewers and cook, turning occasionally, for 8-10 minutes until cooked through. Serve chicken skewers with salad and rice.