

BBQ veggie & chicken kebabs



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Preparation 30 mins + marinating time | Cooking 10 mins | Serves 4

You'll need 8 x 20cm bamboo skewers for this recipe.

16 button mushrooms, trimmed

1 tbs olive oil

1/3 cup reduced salt soy sauce

2 tbs honey

400g chicken thigh fillets, trimmed and cut into 3-4cm pieces

3 small zucchini, cut into 2cm thick slices

1 small red capsicum, trimmed, deseeded and cut into 3-4cm pieces

Steamed brown rice and lemon wedges to serve

STEP 1 Soak skewers in cold water for 10 minutes. Meanwhile, place mushrooms in a large rectangle shallow dish. Combine oil, soy sauce and honey in a jug. Pour half the soy mixture over mushrooms. Cover and stand for 10 minutes.

STEP 2 Thread mushrooms, chicken, zucchini and capsicum alternately onto skewers. Place into the dish (the same one used for the mushrooms) and pour over the remaining soy mixture. Cover and refrigerate for 30 minutes (or longer if time permits).

STEP 3 Preheat a greased barbecue plate over medium heat. Barbecue kebabs, turning often, for 10-12 minutes until vegetables are tender and chicken is cooked through. Serve with steamed brown rice and lemon wedges.

Good for you... ZUCCHINI

Zucchini are a source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections. Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.

