



HONEY & SESAME ZUCCHINI, MUSHROOM & CHICKEN SKEWERS



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Preparation 20 mins | Cooking 10 mins | Makes 8

- ¼ cup honey
- 2 tbs salt reduced soy sauce
- 1 tsp sesame oil
- 2 medium zucchini, cut into 2cm pieces
- 200g small button mushrooms
- 600g free-range chicken thigh fillets, trimmed and cut into 3cm pieces
- Crunchy salad and flatbreads to serve

- STEP 1** Combine honey, soy sauce and sesame oil in a large shallow dish.
- STEP 2** Thread zucchini, mushrooms and chicken onto 8 soaked bamboo skewers. Add skewers to soy mixture and turn to coat. Stand for 5 minutes.
- STEP 3** Preheat a char-grill or non-stick frying pan over medium heat. Char-grill, barbecue or pan-fry skewers, turning occasionally, for 10 minutes or until just cooked through. Serve with a crunchy salad and flatbreads.

Good for you... ZUCCHINI

A source of vitamin C and folate. Vitamin C helps us absorb iron from foods and both these vitamins contribute to the normal functioning of the body's immune system. Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.



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