

Bush Tucker Chicken Kebabs

**Bee
Healthy**
menu by **Busy Bees.**



Bush Tucker Chicken Kebabs

Prep time: 30 minutes. Cooking time: 15-20 minutes. Serves: 10.

Per child, this recipe provides: 1 serve of vegetables.

Ingredients

500g Chicken Breast, boneless, skinless

¼ cup Vegetable Oil

⅓ cup Soy sauce

¼ cup Honey*

1 tsp Garlic, minced

1 Red capsicum, fresh, medium

1 Yellow capsicum, fresh, medium

1 Zucchini, unpeeled, medium

10 Wooden Skewers (small)

Tip: The chicken is best marinated for at least 1h, or overnight (but no longer than 24h).

Allergen alternatives:

For gluten free, ensure soy sauce used in the marinade. *For babies & infants under 12 months, replace Honey with maple syrup.

Method

1. Prepare separate chopping boards for the chicken and vegetables and cut them into 3cm pieces, keeping all ingredients separated.
2. In a large container, mix oil, soy sauce, honey and garlic.
3. Add the chicken, capsicum and zucchini to the bowl. Toss to coat in the marinade.
4. Cover and refrigerate for at least 1 hour (the longer the better).
5. While the chicken and vegetables are marinating, soak wooden skewers in a bowl of water for at least 30 minutes. *Tip: Use this time to make the damper.*
6. Using a sieve, drain the chicken and vegetables from the marinade. Then alternate threading the chicken and vegetables onto the skewers, aiming for 2-3 pieces of both chicken and vegetables on each skewer.
7. Preheat a frying pan onto a high heat and cook skewers for 5-7 minutes on each side or until chicken is cooked through.

Serve kebabs alongside chunks of Bush Tucker Damper.

Note: Kebab Skewers can be dangerous; and should be used with caution and care when served with little ones around.