



UCOOK

BBQ Chicken Skewers & Sweet Potato Mash

with a chilli onion salsa

DIY kebabs, Chef? Yes, indeed! A skewer of BBQ sauce-covered chicken, onion & bell pepper are roasted until golden. Sided with a rustic sweet potato mash and a zesty chilli, tomato, onion & parsley salsa.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jemimah Smith

Fan Faves

 Stettyn Wines | Stettyn Family Range Cabernet Sauvignon 2021

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Ingredients & Prep

9	Wooden Skewers
750g	Sweet Potato <i>rinse, & cut into bite-sized pieces</i>
450g	Free-range Chicken Mini Fillets
2	Bell Peppers <i>rinse, deseed & cut 1½ into bite-sized pieces</i>
2	Onions <i>rinse & cut 1 into bite-sized pieces</i>
30ml	NOMU Poultry Rub
150ml	BBQ Sauce
2	Tomatoes <i>rinse & roughly dice</i>
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
8g	Fresh Parsley <i>rinse, pick & finely chop</i>
30ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk
Paper Towel
Butter

1. START WITH SKEWERS Preheat the oven to 200°C. Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes (this prevents them from burning).

2. MAKE THE MASH Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Place the roasted sweet potato in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

3. KEBAB TIME Pat the chicken dry with paper towel, and cut into thick cubes. Thread the chicken, the pepper chunks, and the onion pieces onto each skewer (making sure they are secure). Repeat, filling up each skewer, until all the skewers are full. Coat in oil, the NOMU rub, and seasoning. Place onto a roasting tray and roast in the hot oven until cooked through, 8-10 minutes (turning halfway). Baste with the BBQ sauce in the final 1-2 minutes.

4. CHILLI SALSA Peel and roughly dice the remaining onion. In a bowl, combine the chopped tomato, the diced onion (to taste), the chopped chilli, the chopped parsley, the lemon juice, a drizzle of olive oil, and seasoning.

5. AND... EAT! Plate up the rustic mash. Side with the chicken skewers and the chilli salsa.



Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	308kj
Energy	74kcal
Protein	4.9g
Carbs	12g
of which sugars	6.6g
Fibre	1.5g
Fat	0.6g
of which saturated	0.2g
Sodium	131mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
3 Days