



UCOOK

Honey-garlic Chicken Skewers

with a baby marrow salad

Put your favourite album on, grab that glass of wine, and let's spend some quality time in the kitchen, Chef! The result will be a sophisticated plate of honey-soy glazed homemade chicken, bell pepper, & onion skewers, nestled on a bed of lightly charred baby marrow, crunchy greens, creamy feta, & fresh basil.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jenna Peoples

Carb Conscious

KWV - The Mentors | KWV The Mentors
Cabernet Franc

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Ingredients & Prep

1	Free-range Chicken Breast
5ml	Spice & All Things Nice Cape Bay Seasoning
1	Onion <i>peel & cut into 1cm chunks</i>
1	Bell Pepper <i>rinse, deseed & cut into 1 cm chunks</i>
4	Wooden Skewers
25ml	Sweet-soy <i>(15ml Honey & 10ml Low Sodium Soy Sauce)</i>
1	Garlic Clove <i>peel & grate</i>
200g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces on the diagonal</i>
15ml	Apple Cider Vinegar
20g	Salad Leaves <i>rinse & roughly shred</i>
3g	Fresh Basil <i>rinse & pick</i>
30g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. CHICKEN PREP Pat the chicken dry with paper towel and cut into 1cm chunks. Coat in oil, the Cape Bay seasoning, and season. Coat the onion & pepper chunks in oil and season. Thread the chicken, onion, and pepper onto the skewers, rotating the ingredients in that order. Repeat until all the skewers are filled and make sure all the chicken is threaded on the skewers. If you have any leftover onion & pepper pieces, use them in step 3.

2. SOME PREP In a small bowl, combine the sweet-soy and the grated garlic.

3. CHARRED MARROW Place a pan over medium-high heat with a drizzle of oil. When hot, fry the baby marrow pieces and any remaining onion & pepper pieces until lightly golden and still crunchy, 3-4 minutes (shifting occasionally). Remove from the pan and season.

4. CHICKEN SKEWERS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the chicken skewers until lightly charred and the chicken is cooked through, 5-6 minutes (shifting as they colour). In the final 30-60 seconds, baste with the sweet-soy mixture, and remove from the heat.

5. SALAD In a salad bowl, combine the vinegar, a drizzle of olive oil, and a sweetener (to taste). Add the baby marrow mix, the shredded salad leaves, and the basil. Toss to coat and season.

6. TIME TO EAT Plate up the salad, scatter over the drained feta, top with the chicken skewers, and drizzle over any pan juices. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the baby marrow pieces and any remaining onion & pepper pieces, after completing the skewers, in oil and season. Air fry at 200°C until cooked through, 8-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	262kJ
Energy	63kcal
Protein	5.9g
Carbs	6g
of which sugars	4g
Fibre	1.2g
Fat	1.6g
of which saturated	0.8g
Sodium	136mg

Allergens

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

Eat
Within
3 Days