

# EASY TURMERIC CHICKEN SKEWERS

## INGREDIENTS

- 5 boneless chicken thighs (about 120g each) trimmed of excess fat and cut into 2.5cm pieces
- 8 bamboo skewers
- Lime wedges, to garnish

### *Marinade*

- 2 teaspoons dried turmeric
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 tablespoon lime juice
- 1 tablespoon canola oil

## METHOD

1. Combine the marinade ingredients together with the chicken pieces in a shallow dish, cover with plastic film, and marinate in the fridge for 4-12 hours.
2. Soak the bamboo skewers in water for 1 hour before to prevent them from burning. Bring the chicken to room temperature by removing from the fridge half an hour before cooking.
3. Thread the chicken pieces onto the bamboo skewers, and cook on a preheated flat grill plate or chargrill until the chicken is cooked through.
4. Garnish with the lime wedges and serve with salad.

Serves 4

	Per Serving	Per 100g
Energy	1045kJ	654kJ
Protein	28g	17g
Fat – Total	15g	10g
- Saturated	4g	2g
Carbohydrate - Total	<1g	<1g
- Sugars	<1g	<1g
Sodium	134mg	84mg

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