



# HONEY & GARLIC CHICKEN SKEWERS

## Ingredients:

- 1 LARGE RED PEPPER
- 1 WHITE ONION
- 2 X LARGE CHICKEN BREAST
- 2 TBSP OLIVE OIL
- 3 TBSP HONEY
- 2 CLOVES GARLIC
- 3 TBSP SOY SAUCE
- 1/2 TSP GINGER
- FRESH CORIANDER
- SESAME SEEDS

## Method

- IN LARGE BOWL MIX TOGETHER THE OIL, SOY SAUCE & HONEY UNTIL WELL COMBINED.
- ADD THE MINCED GARLIC & GINGER THEN MIX AGAIN UNTIL WELL COMBINED.
- DICE YOUR CHICKEN & MARINATE THEM IN THE MIXTURE FOR AT LEAST 10MINS (THE LONGER YOU MARINATE THE TASTIER IT GETS).
- ADD YOUR CHOPPED PEPPERS & ONION TO THE MARINATED MIXTURE & MAKE SURE EVERYTHING IS COATED IN FRAGRANCE.
- PLACE YOUR CHICKEN, PEPPER & ONION ONTO YOUR SKEWER STICK.
- COOK UNDER THE GRILL UNTIL CRISPY & BROWN, MAKING SURE YOUR CHICKEN IS COOKED ALL THE WAY THROUGH.
- SPRINKLE SOME CHOPPED CORIANDER & SESAME SEEDS FOR A TASTY GARNISH.



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## Nutritional Information

**BELL PEPPER** - PACKED WITH VITAMINS & LOW IN CALORIES! THEY ARE AN EXCELLENT SOURCE OF VITAMIN A, VITAMIN C, & POTASSIUM. BELL PEPPERS ALSO CONTAIN A HEALTHY DOSE OF FIBRE, FOLATE, AND IRON.

**CHICKEN** - LOW IN SATURATED FAT, CONTAINS HIGHER AMOUNTS OF OMEGA-6 FATTY ACIDS THAN OTHER ANIMAL MEATS, & IS HIGH IN PROTEIN & ESSENTIAL VITAMINS & MINERALS SUCH AS B6, B12, IRON, ZINC, AND COPPER.

**ONION** - CONTAIN ANTIOXIDANTS & COMPOUNDS THAT FIGHT INFLAMMATION, DECREASE TRIGLYCERIDES & REDUCE CHOLESTEROL LEVELS — ALL OF WHICH MAY LOWER HEART DISEASE RISK. THEIR POTENT ANTI-INFLAMMATORY PROPERTIES MAY ALSO HELP REDUCE HIGH BLOOD PRESSURE & PROTECT AGAINST BLOOD CLOTS.

**GARLIC** - THE COMBINED EFFECTS ON REDUCING CHOLESTEROL AND BLOOD PRESSURE, AS WELL AS THE ANTIOXIDANT PROPERTIES, MAY REDUCE THE RISK OF COMMON BRAIN DISEASES LIKE ALZHEIMER'S DISEASE & DEMENTIA. GARLIC ALSO CONTAINS ANTIOXIDANTS THAT PROTECT AGAINST CELL DAMAGE AND AGEING.

**OLIVE OIL** - OLIVE OIL IS RICH IN HEALTHY MONOUNSATURATED FATS, CONTAINS LARGE AMOUNTS OF ANTIOXIDANTS, HAS STRONG ANTI-INFLAMMATORY PROPERTIES, MAY HELP PREVENT STROKES, IS PROTECTIVE AGAINST HEART DISEASE.

**GINGER** - FIGHTS GERMS, KEEPS YOUR MOUTH HEALTHY, CALMS NAUSEA, SOOTHES SORE MUSCLES, EASES ARTHRITIS SYMPTOMS, CURBS CANCER GROWTH, LOWERS BLOOD SUGAR, EASES PERIOD PAINS.

**HONEY** - HONEY IS RICH IN ANTIOXIDANTS, BETTER THAN SUGAR FOR DIABETICS, THE ANTIOXIDANTS IN IT CAN HELP LOWER BLOOD PRESSURE, HELPS IMPROVE CHOLESTEROL & CAN LOWER TRIGLYCERIDES. IT IS GREAT FOR HEART HEALTH.

**CORIANDER** - HELPS LOWER BLOOD SUGAR, RICH IN IMMUNE-BOOSTING ANTIOXIDANTS, BENEFITS HEART HEALTH, PROTECT BRAIN HEALTH, PROMOTE DIGESTION AND GUT HEALTH, FIGHT INFECTIONS, PROTECT YOUR SKIN.