



Chicken and pineapple skewers

15'
Hands on

20'
Cook Time

6
Portion(s)

1
Difficulty



Ingredients

- 200 g chicken breast, cut in half
- 1 red bell pepper
- 1 green bell pepper
- 1 onion, red
- 400 g pineapple, canned

For the marinade

- 40 g ginger, thinly sliced
- 90 g brown sugar
- 180 g pineapple juice, from can
- 2 tablespoon(s) salt
- 4 star anises
- 2 tablespoon(s) coriander, seeds, slightly crushed
- 2 stick(s) cinnamon

To serve

- coriander, finely chopped

Method

- For the marinade: combine all of the ingredients in a large [bowl](#). The bowl should have a lid that seals securely.
- Cut the chicken breasts into 2 cm cubes and add them to the bowl.
- Refrigerate for 1-2 hours.
- Thread the pieces of chicken on [skewers](#), alternating with pieces of chicken, bell peppers, onion and pineapple.
- Cook for 15-20 minutes on high heat, so that they cook evenly all the way through.
- Serve with finely chopped coriander.

Διατροφικός πίνακας

Nutrition information per portion

175 Calories (kcal)	1.1 Total Fat (g)	0.3 Saturated Fat (g)	31.0 Total Carbs (g)
9%	2%	2%	12%
30.0 Sugars (g)	8.8 Protein (g)	2.4 Fibre (g)	- Sodium (g)
33%	18%	10%	-%