Chicken and Pepper Skewers
RECIPE

Chicken and Pepper Skewers



TIME	25 mins
INGREDIENTS	8 items
MAKES	2 servings

Easy to make, these skewers offer tender pieces of meat with charred vegetables - a must have dish for a Summer's day!

INGREDIENTS

- Ben's Original™ Golden Vegetable Microwave Rice 220g
- 1tbsp Sunflower Oil
- 2 Chicken Breasts, cut into chunks
- 1tsp Paprika
- 1tsp Dried Oregano
- 1 Garlic Clove, crushed
- 1 Red Pepper, chopped
- 1 Green Pepper, chopped

INSTRUCTION

1. Add the chicken to a mixing bowl along with the oil, paprika, oregano and garlic. Mix

to cover each piece of chicken and set aside.
2. Soak 4 bamboo skewers in water if using. Place a griddle pan on a high heat whilst you construct your kebabs.
3. Slide a piece of red and green pepper onto the skewer followed by a piece of chicken and repeat until each skewer is filled and you run out of chicken/peppers. Place on the griddle for 10 minutes, turning half way. Try not to move the skewers too much so they can get the classic griddle marks.
4. In the last few minutes of cooking, heat the Ben's Original™ rice according to pack instructions then place into bowls. Take the skewers straight from the pan and place on top of the rice.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 39.2
- Cholesterol(mg) 94
- Dietary Fiber (g) 4
- Energy (kJ) 1661
- Protein (g) 37.1
- Sugars (g) 1.2
- Total Fat (g) 8
- Saturated Fat (g) 1.3
- Salt(g) 0.62
- Sodium (mg) 247
- Trans Fat(g) 0

Categories:

Chicken, 15-30 Min, Golden Vegetable, Stove Top, Crowd pleasers, Easy family dinners, Quick & Healthy

MORE RECIPES LIKE THIS



Stuffed Peppers

Cooking time

30 mins

Ingredients

11 items



Spanish Style Rice

Cooking time

40 mins

Ingredients

13 items



Herby Chicken with Pesto

Cooking time

40 mins

Ingredients

12 items

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