



CHICKEN BBQ SKEWERS

INGREDIENTS

1 x 225g caned pineapple pieces.
2 tbsp tomato sauce
1 tbsp soy sauce
1 garlic clove, crushed
1 red capsicum *cut into 2cm pieces
2 onions *cut into 4cm pieces
500g Chicken *cut into squared pieces
Olive oil

METHOD

1. Combine the pineapple juice, tomato sauce, soy sauce and garlic in a bowl. Add chicken and turn to coat.
2. Thread the capsicum, onion, pineapple and chicken alternately onto skewers.
3. Preheat a barbecue flat plate or a large frying pan on medium-high. Cook, turning occasionally, for 10 minutes or until golden. Serve.

