

Invented for life



BOSCH

Quick Oven Baked Skewers

Difficulty: Easy

Servings: 6

Preparation Time: 10 minutes

Marinating Time: 30 minutes

Cooking Time: 14 minutes

Ingredients

1kg skinless chicken breast

2 tablespoons extra virgin olive oil

1 tablespoon dijon mustard

2 cloves garlic, minced

1 teaspoon dried oregano

1 teaspoon paprika

Sea salt and pepper, to taste

1 red capsicum

1 yellow capsicum

1 large zucchini

1 red onion, thickly sliced

Handful picked parsley, chopped, to garnish



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Method

1. Preheat your oven to 200C degrees 4D Hot Air and line a large baking tray with foil.
2. Dice the chicken into 3cm cubes and set aside.
3. Combine the olive oil, mustard, garlic, oregano, paprika, salt and pepper in a large bowl and stir well.
4. Place the chicken into the bowl with the marinade and toss well to coat. Cover and refrigerate for 30 minutes to allow the chicken to take on the flavours of the marinade.
5. Next, cut your onion, zucchini and capsicum into 3cm pieces and set aside.
6. Remove your marinated chicken from the fridge.
7. Thread the chicken, capsicum, zucchini and red onion onto 12 metal skewers, alternating between each ingredient.
8. Place skewers on the prepared tray and bake on the top shelf of your oven for 12 minutes, rotating the tray halfway.
9. Set your oven to grill and cook for a further two minutes or until slightly charred around the edges. Garnish with chopped parsley and enjoy!

Serving suggestion: Serve with a crisp green salad and steamed brown rice.

