



Teriyaki Chicken Skewers with a Charred Pepper Salad

Serves 4
Prep time: 15 minutes
Marinade time: 1 hour
Cook time: 15 minutes

Ingredients

2 Chicken breasts, cut into strips
1/4 Cup/60 ml teriyaki sauce
1 Tablespoon olive oil
2 Tablespoons white wine vinegar
2 Tablespoons hot chilli sauce
1 Tablespoon brown sugar
3 Garlic cloves, crushed
Sea salt
Black pepper

For the salad:

1 Red pepper, cut into strips
1 Green pepper, cut into strips
1 Yellow pepper, cut into strips
3/4 Cup/75 grams Feta cheese, crumbled
2 Tablespoons olive oil
Coarse sea salt

Method

In a small saucepan set over medium to high heat add the teriyaki sauce, olive oil, white wine vinegar, chilli sauce, brown sugar, garlic, salt and pepper. Stir and bring to a simmer for about 2 - 3 minutes. Remove from heat and leave to cool for about 5 minutes.

Place the chicken strips in a large shallow bowl and pour over the marinade. Cover and leave to marinate for about an hour.

Heat barbecue to a medium high heat. Cook chicken each side for about 7-8 minutes, or until cooked through. Spoon over extra marinade while cooking.

Place pepper strips on the barbecue and cook each side for about 5 minutes or until slightly charred and soft. Remove from heat.

Place the peppers on a plate, top with crumbled feta, olive oil and sea salt. Give a quick stir.

Serve both straight away.

Julia's Cuisine

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Main Course/Chicken & Turkey

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