



Bamboo - skewered coriander and apricot chicken

The bamboo sticks allow everyone to cook their own chicken pieces. Simply braai or roast the chicken. Remove the skin before cooking to slash the fat!

Energy: 1575KJ Carb: 22g



Less than 1.5 hours Serves: 4-6

Protein: 24g Fat: 21g

Recipe Type: Appetisers

Main Ingredient: Chicken

Ingredients

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125 ml PnP smooth apricot jam, smooth

45 ml coriander or basil leaves, fresh, chopped

10 ml grated ginger, fresh

2 PnP garlic cloves, crushed

1 PnP red chilli, with seeds, finely chopped

125 ml PnP fresh orange juice

60 ml juice of 1 lemon

60 ml soya sauce

10 ml PnP ground coriander

1 pinch PnP salt

8 chicken soup mix

Method

- **Mix** marinade ingredients together, pour over chicken and marinate for an hour or longer if time allows.
- **Braai** chicken over moderate coals turning and basting frequently with reserved marinade for about 30-45 minutes, or until cooked.
- **Remove** chicken from coals and brush with remaining marinade.
- **Serve** scattered with fresh coriander leaves and lime wedges if you like.

To make bamboo skewers:

- **Cut** bamboo sticks into 30cm lengths.
- **Split** each stick lengthways, to halfway down the length and remove soft inner fibres.
- **Place** chicken pieces between split part of bamboo and secure open end with wire.

Recommended Wine:

Kleine Zalze chenin blanc