



Chicken and Vegetable Skewers

Chicken and vegetable skewers are an ideal recipe for those hot summer days, when friends and family gather around the BBQ. Perfect time for making a delicious recipe, which does not require spending hours of preparation in the kitchen.

Ingredients

Number of persons: 4

- 500 g chicken fillet, cut in cubes
- 200 g fresh red paprika, cleaned and cut in cubes
- 100 g zucchini, sliced
- 100 g shallots, use white part only, cut in to larger pieces
- 20 g button mushrooms, washed and cut in quarters
- 200 ml dark beer
- 4-5 tablespoons oil
- 1 tablespoon [Vegeta Chicken Stock Powder](#)
- 1 [packet of skewers](#)
- [pinch of salt](#)



Preparation time: 45 min

Energetic value: 427 kcal / 1785 kJ

Demanding:

Preparation

1. [Place chicken fillet cubes in a bowl and sprinkle with Vegeta Chicken Stock Powder. Stir through!](#)
2. [In a different bowl, combine the vegetables, sprinkle with a pinch of salt, add in the chicken and cover with beer. Mix well.](#)
3. [Cover the mixture with foil or cling wrap, and leave to marinate in the fridge for about 30 minutes.](#)
4. [After half an hour, start placing the ingredients on to the skewers, alternating between chicken and vegetable pieces.](#)
5. [Before cooking the skewers, brush the BBQ or pan with oil, and heat well.](#)
6. [Cook the skewers, ensuring that you turn them, every few minutes, so that they can become golden in colour - all over.](#)

Serving

[Light garden salad, served with skewers complements the recipe.](#)

Tip

[Before you start adding the ingredients to the skewers, prepare the zucchini slices, by rolling them, for better presentation.](#)





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My notes

