



MAKING VEGES FUN!

These chicken and vege skewer sticks are a fun way to cook and eat veges!

Skewer Ingredients:

- 500g chicken breast/thigh cut into bite size pieces
- seasonal vegetables from your vege garden cut up into bite size pieces (try carrot, broccoli and cauliflower)

Marinade Ingredients:

- 2 tablespoons sweet soy sauce
- 1 tablespoon honey
- 1 garlic clove



Method:

1. On a soaked BBQ skewer (to prevent skewer burning), alternatively place a piece of chicken and your veges from your garden
2. Mix Marinade ingredients in a bowl
3. Place skewers in sealed container and pour marinade over the skewers. Soak in the fridge for one hour.
4. Place skewers in a tray and cook for 20-25 minutes in a 180 degree oven.
5. Once cooked, they are ready to eat! Enjoy!