



POULTRY

# BBQ CHICKEN SHALLOT SKEWERS

## INGREDIENTS

12 Skewers

600g Chicken Breasts  
(Thigh can be substituted)

3 x whole Shallots

50 gm Satay Powder

30 ml Olive Oil

Salt & Pepper

### Equipment:

BBQ on hot

Chopping Board

Chef's knife

Skewers, moistened in water  
(to prevent burning)

GLADWARE containers to store  
your prepared ingredients

## METHOD

1. Cut Chicken Breast into dice or sized pieces to enable a secure fix to the skewer.
2. Cut Shallots into 2cm long batons.
3. Skewer Chicken, alternating with the Shallot Batons onto soaked skewers.
4. Marinate skewers in Satay powder, Olive oil and leave to flavour for 30mins.
5. BBQ skewers at edge of BBQ to enable you to take them off if the BBQ gets too hot or any flames appear.
6. Grill skewers for about 45mins each side or until cooked to your liking.
7. NB Chicken skewers need only 4 to 5 mins cooking each side to avoid drying out.
8. Serve with Satay sauce and serve at once.



Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 4

**SWAP'n'GO**<sup>TM</sup>  
ELGAS

### CHEFS NOTE

As chicken is very susceptible to Bacteria, Chicken needs to be cooked properly but try to keep it moist at the same time.

For more great recipes go to:  
[elgas.com.au/swapngo](http://elgas.com.au/swapngo)