

Chicken And Pineapple Skewers



Ingredients

500g chicken breast fillets, cut into 2cm chunks	
1 bottle Smokey Joe's Hot N Sour Pineapple Sauce	
1 small fresh pineapple, cut into 2cm chunks	
1 red onion, cut into 2cm chunks	
1 large green capsicum, cut into 2cm chunks	
Fresh green chilli, sliced thinly, to garnish	
Fresh coriander, coarsely chopped, to garnish	

Directions

Step 1 – In a large bowl or Ziplock bag, combine the chicken pieces with half the bottle of the Smokey Joe's sauce and toss to coat. Set aside to marinate for 1 hour. If using wooden skewers, soak in water for 30 minutes.

Step 2 – Thread the chicken alternately onto BBQ skewers with pieces of pineapple, onion and green capsicum.

Step 3 – Prepare the BBQ for direct cooking over medium - high heat (200 - 220°C). Ensure the grills are clean.

Step 4 – Place the skewers onto the grill and cook, turning regularly, until the meat has browned and reached an internal temperature of at least 72°C. Remove the skewers from the BBQ and allow to rest, tightly covered in foil, for 10 minutes before serving. Serve garnished with green chilli, coriander and the remaining Smokey Joe's Sauce.

