

Apricot Chicken Skewers



Ingredients

2 chicken breast fillets, cut into 2cm cubes	1 tbsp dried oregano
400ml apricot nectar	1 tsp dried red chilli flakes
2 cloves garlic, finely chopped	1 tsp salt
1 tsp grated fresh ginger	6 whole ripe apricots, halved and pitted
1 tbsp white wine vinegar	Fresh parsley, chopped, to garnish
1 tbsp dried thyme	

Directions

Step 1 – In a large bowl or Ziplock bag, combine the chicken pieces with the apricot nectar, garlic, ginger, white wine vinegar, thyme, oregano, chilli and salt and toss to coat. Set aside to marinate for at least 1 hour. If using wooden skewers, soak in water for 30 minutes.

Step 2 – Drain the chicken and reserve the marinade. Thread the chicken onto the BBQ skewers with pieces of apricot.

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. Meanwhile, place the reserved marinade into a small saucepan and simmer over high heat, stirring regularly, until reduced slightly.

Step 5 – Serve the skewers garnished with chopped parsley with the sauce on the side.

