



# HONEY MUSTARD CHICKEN SKEWERS

**PREP TIME:** 3 hours

**COOK TIME:** 20 mins

**SERVES:** 8

## INGREDIENTS

### Chicken and Marinade:

4 boneless skinless chicken breasts, diced  
1/2 cup pineapple juice (orange juice may be substituted)  
1/3 cup yellow mustard  
1/4 cup honey  
1 to 2 tablespoons olive oil, optional (keeps chicken from sticking to grill)  
1/2 teaspoon cayenne pepper  
1/2 teaspoon cumin  
1/2 teaspoon salt, or to taste  
1/2 teaspoon ground pepper, or to taste  
3 cloves garlic, crushed

### Veggies:

1 red onion  
1 zucchini  
2 large red bell peppers, seeded and diced into 1 inch pieces  
1 large onion, chopped into 1 inch 'stacks' of a few pieces of onion

### Special Equipment:

wooden skewers, soaked for at least 20 minutes prior to grilling, or metal oven-safe skewers (make sure they fit before stacking!)

## METHOD

Cut chicken in small pieces, about 1.5 inch cubes.

In a medium bowl, whisk together all ingredients except chicken. Add the chicken to the bowl so marinade covers each piece of chicken. Cover (preferably with a beeswax food wrap) and place in fridge. Marinate for at least 2 hours.

Heat your Cookswell oven. Remove chicken from fridge and thread on wooden skewers. On each skewer add 2 pieces chicken, 2 pieces of zucchini, 1 stack of onion, use whatever ordering is desired. Continue threading the skewers until all chicken and vegetables have been used. Save leftover marinade for basting.

Place chicken skewers on grill and turn every couple of minutes or so while brushing on some marinade. Grill until chicken is cooked through, about 15-20 minutes. Garnish with cilantro and serve. Cook with soul. Eat with pleasure!



Get fruity by adding a few thick diced chunks of pineapple or mango to the skewers



Camping tip: chop all the veggies and chicken ahead of time to make assembly easier





## COOKSWELL OVEN COOKING TIPS

Begin cooking when the coals are lit. The charcoal should look grey and there is no smoking. Close small air inlet doors according to the amount of heat needed – (open for more heat, close for lower heat).

When you put your dish into the oven, make sure the dish doesn't touch the sides of your jiko. Once you've finished cooking your skewers you can use your oven for any other items you need to cook.

If you are done cooking, leave the doors open to let the oven slowly cool down. When the doors and grill are warm to the touch, use a supabrite or durable cloth to wipe off any food that has spilled. This reduces wear and tear, as well as keeps dishes from retaining a smoky flavor.

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