Dinner

Sticky grilled chicken skewers with spring onion

Pieces of chicken thigh are soaked in a glossy soy and honey marinade, then threaded onto skewers and grilled until golden. A scatter of spring onions gives a fresh finish.



Nut free | Low fat

60 min	70	2.1 g	1.9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 tbsp reduced-salt soy sauce
- [ ] 1 tsp sugar free sweetener
- [ ] half tsp runny honey
- [ ] 1 tsp rice wine
- [ ] 3 boneless, skinless chicken thighs, sliced
- [ ] 2 spring onions, sliced

Method

- [ ] **1** Combine the reduced salt soy sauce, sugar free sweetener, runny honey, rice wine and 1 tbsp water in a small pan, then warm gently until the sweetener dissolves.
- [ ] **2** Take the pan off the heat and leave the mixture to cool.
- [ ] **3** Add the sliced boneless, skinless chicken thighs to the cooled marinade and leave to marinate for 30 minutes.
- [ ] **4** Meanwhile, soak 4 wooden skewers in water for 15 minutes so they do not burn.
- [ ] **5** Heat the grill.
- [ ] **6** Thread the chicken onto the soaked skewers and grill for 2 minutes.
- [ ] **7** Turn the skewers, brush with the remaining marinade and grill for a further 2-3 minutes, until golden and cooked through.
- [ ] **8** Serve hot, scattered with the sliced spring onions.

Nutrition Facts

Per serving

Calories	**70**
Total fat	1.6 g
Saturated fat	0.5 g
Sodium	Not listed
Total carbs	2.1 g
Fiber	0.1 g
Total sugars	1.9 g
Protein	11.9 g

diabic.com/recipes

Scan to open this recipe and its shopping list