

BBQ chicken skewers with orange

Search:

- [Chicken](#)
- [Dinner](#)
- [Recipes](#)

BBQ chicken skewers with orange

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) `!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");`



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

BBQ chicken skewers with orange



Rate this recipe

0 people are cooking this [Count me in](#)

Discover how to make the most of summer citrus fruits in your barbecue feasts this season with Sally O'Neil's tasty recipe.

Ingredients (Serves 2)

- 2 skinless organic chicken breasts
- 1 orange, juiced
- 1 tbsp tamari or soy sauce
- 1 tsp rice malt syrup or honey
- ½ tsp pepper (to taste)
- ¼ cup plain Greek yoghurt
- ½ tsp Himalayan sea salt flakes (to taste)
- ½ tbsp sesame seeds

Method

Cut the chicken into 4-centimetre cubes and add to a bowl along with orange juice (reserving 2 tablespoons), tamari, rice malt syrup and pepper.

Mix to coat and leave to marinate for 30 minutes.

BBQ chicken skewers with orange

Meanwhile, mix together the yoghurt with the remaining 2 tablespoons of orange juice and a pinch of salt.

Skewer the chicken, being careful not to push the cubes too tightly together.

Heat the grill on high (BBQ or grill pan) and spray with a little olive oil.

Cook the skewers for 12 to 15 minutes, turning regularly. Remove when lightly charred on the outside and cooked through.

Serve the skewers with the yoghurt, a sprinkling of sesame seeds and fresh market salad.

Recipes and images: Sally O'Neil, [The Fit Foodie](#).

Looking for more tasty summer meals? Try these [barbecued prawns](#).

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```