

Golden Chicken Skewers

Prep Time: 15 min

Total Time: 23 min

Makes: 4

Ingredients

2 tablespoons golden syrup

2 tablespoons oil

1 tablespoon VEGEMITE

1 clove garlic, crushed

black pepper, to taste

500 g chicken tenderloins

pita bread, for serving

tomato, chopped, for serving

cucumber, chopped, for serving

red onion, sliced, for serving



Instructions

WHISK together the golden syrup, oil, VEGEMITE, garlic and pepper. Pour over the chicken and marinate for 15 minutes.

LIFT the chicken from the marinade and thread onto bamboo skewers that have been soaked in water.

BARBECUE or char grill the chicken skewers for 3-4 minutes on each side or until cooked, brushing occasionally with marinade whilst cooking. Place the chicken skewers onto pita bread with tomato, cucumber and onion. Serve immediately.