

Fresh for Kids®

Pineapple, chicken & capsicum skewers



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Preparation: about 25 minutes

(+ marinating time)

Cooking: about 10 minutes

Makes: 12 small skewers

1 yellow capsicum, halved and deseeded

1 small or 1/2 medium pineapple, peeled,
quartered and cored

400g chicken breast or thigh fillets

250ml can mild satay sauce*

olive oil cooking spray

steamed jasmine rice, to serve

* *Mild satay sauce is available from the Asian food section in most supermarkets*

1. Soak 12 x 18cm bamboo skewers in cold water for 15 minutes.
2. Meanwhile, cut capsicum, pineapple and chicken into 2cm cubes. Dividing ingredients evenly, thread capsicum, pineapple and chicken onto skewers. Place skewers in a large ceramic dish. Coat skewers with satay sauce. Cover and refrigerate for 15 minutes (or longer if time permits).
3. Preheat a greased barbecue plate on medium heat. Lightly spray skewers with oil (to prevent sticking). Barbecue skewers, turning occasionally, for 8–10 minutes or until chicken is cooked through. Serve with jasmine rice.

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Pineapple

- The riper the pineapple, the higher the content of natural sugars. Unlike refined sugar, the sucrose in pineapple comes with a good complement of many vitamins and minerals.
- A good source of vitamin C, one of the vitamins involved in protecting us from infection.
- Provides dietary fibre, which is important to keep the intestine healthy and prevent constipation.

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