



Chicken skewers with cucumber & shallot dip



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g chicken breast boneless skinless
- ☐ 4 tbsp cilantro leaves chopped
- ☐ 1 tsp peppercorns black
- ☐ 2 juice of lime
- ☐ 1 tsp g muscovado sugar light
- ☐ 2 garlic clove crushed
- ☐ 1 tbsp vegetable oil
- ☐ 125 ml rice vinegar

- ☐ 2 tbsp sugar
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 1 shallots thinly sliced
- ☐ 1 cucumber

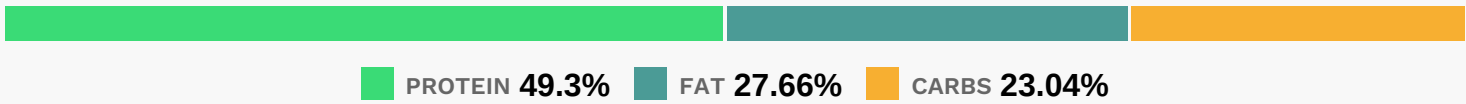
Equipment

- ☐ frying pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Cut the chicken into thin slices.
- ☐ Mix the coriander, pepper, lime juice, sugar, garlic and oil. Toss the chicken in this mixture, then thread on to 12 bamboo skewers. You can make these up to a day ahead and chill until ready to cook.
- ☐ Make the dip.
- ☐ Heat the vinegar and sugar in a small pan until the sugar has dissolved, then increase the heat and boil for 3 minutes, until slightly syrupy.
- ☐ Remove from the heat and stir in the chilli and shallot. Leave to cool.
- ☐ Thinly slice a 5cm piece of cucumber, quarter each slice and add to the dip.
- ☐ Cut the rest of the cucumber into thin sticks.
- ☐ Cook the chicken under a preheated grill for 3-4 minutes each side, then serve with the dipping sauce, cucumber sticks, rice and pak choi.

Nutrition Facts



Properties

Glycemic Index:76.02, Glycemic Load:5.26, Inflammation Score:-5, Nutrition Score:16.801739031854%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 231.6kcal (11.58%), Fat: 6.89g (10.6%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 11.64g (4.23%), Sugar: 9.18g (10.2%), Cholesterol: 80mg (26.67%), Sodium: 150.18mg (6.53%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 27.63g (55.26%), Vitamin B3: 13.27mg (66.34%), Selenium: 40.71µg (58.15%), Vitamin B6: 1.08mg (54.07%), Vitamin C: 25.64mg (31.08%), Phosphorus: 294.54mg (29.45%), Vitamin B5: 2.05mg (20.48%), Potassium: 663.73mg (18.96%), Vitamin K: 16.68µg (15.89%), Manganese: 0.3mg (15.09%), Magnesium: 49.37mg (12.34%), Vitamin B2: 0.16mg (9.55%), Vitamin B1: 0.12mg (8.22%), Copper: 0.13mg (6.69%), Zinc: 0.96mg (6.37%), Folate: 22.2µg (5.55%), Iron: 0.99mg (5.5%), Fiber: 1.27g (5.1%), Vitamin A: 239.49IU (4.79%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.25µg (4.17%), Calcium: 33.34mg (3.33%)