

Meister Club Lemon and Herb Chicken Kebabs

4	Large Chicken breasts skinless, boneless
20 g	BBQ King Seasoning (Product Code: 4412095)
250 ml	Meister Club Lemon & Herb Marinade (Product Code: 8110810)
1	Natvac Bag 250 x 350 mm 70 micron (Product Code: 6407132)
6	Bamboo Skewers 3 mm x 20 cm (Product Code: 8214040), soaked in water for 30 minutes

METHOD

1. Slice the chicken into bite-sized chunks and place in a bowl.
2. Mix the **Meister Club Lemon & Herb Marinade** and **BBQ King Seasoning** together.
3. Pour over the marinade, cover and allow to marinate for at least 30 minutes but up to 24 hours, covered in the fridge.
4. Thread the marinated chicken onto soaked **Bamboo Skewers**.
5. If not using immediately vacuum pack using recommended **Vacuum Bag**.

COOKING METHOD: BRAAI

1. Heat a braai for direct cooking over medium heat.
2. Once ready, place the kebabs on the braai and cook the skewers. Turn every 3 - 5 minutes, until the chicken is cooked through and golden brown on all sides.
3. Remove from the heat and allow to rest for 5 minutes before serving.

COOKING METHOD: PAN

1. Heat a heavy base pan then cook the skewers. Turn every 3 - 5 minutes, until the chicken is cooked through and golden brown on all sides.
2. Remove from the heat and allow to rest for 5 minutes before serving.

COOKING, AIR FRYER

1. Remove from **Vacuum Bag** reserving the marinade and place at room temperature for 30 minutes.
2. Place the skewers into the air fryer basket. Be sure to place them side by side not overlapping each other.
3. Cook in the air fryer for 20 minutes at 180° C. There is no need to pre-heat the air fryer. After 5 minutes, remove the basket from the air fryer. Brush some of the remaining marinade over the chicken skewers. Pop it back into the air fryer & allow to air fryer to continue the cooking process.
4. Once the air fryer turns off, remove the basket from the air fryer.

SERVING

1. Serve with your favourite sides like **Squash Filled with Curried Sweetcorn** and **Sweet Potato Salad with Cranberries**.



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