

HAWAIIAN YAKITORI CHICKEN

Serves: Two - Three people | Cooks in: 30 minutes

Yakitori is Japanese skewered meat (usually chicken or pork) grilled over fire, giving the seared quality associated with cooking this dish.



Recipe adapted from thebbqmag.com

INGREDIENTS

- Skewers
- Oil, for greasing
- 2 large chicken breasts, approx 400g
- A few glugs of teriyaki sauce
- 1 red pepper
- 1 green pepper
- ½ fresh pineapple
- Sesame seeds

METHOD

1. Get your fire (or grill) to medium hot temperature.
2. Slice the chicken into very thin strips across the grain (widthways).
3. Place the chicken in a bowl and add a few good slugs of teriyaki until the chicken is well coated. Set aside in the fridge while you prep the rest of the ingredients.
4. Deseed the peppers, then cut into 2cm squares.
5. Peel and core the pineapple, then cut into 2cm cubes.
6. Take your skewers and thread on a piece of chicken in a concertina fashion so it gathers up like a ribbon.
7. Next, add a piece of pepper, followed by another piece of chicken, then a pineapple cube. Continue this pattern up the length of the skewer.
8. Lightly wipe over each full skewer with oil, then
9. Put under the grill or over the barbecue for about 8 minutes until the chicken is cooked through.
10. Add a sprinkle of sesame seeds to each skewer once cooked.
11. Enjoy!