

GLAZED CHICKEN & PINEAPPLE KEBABS

WITH CORIANDER & JASMINE RICE



POLYNESIA | ATLAS MASTERCLASS RECIPE | COOK TIME: 25 MINS



NOTE: If cooking on a barbecue, soak the bamboo skewers in cold water for 20 minutes to prevent them from burning. Huli means turn in Hawaiian. This dish is often found on the roadside in Hawaii.

INGREDIENTS:

Chicken maryland fillet
Light soy
Mirin
Sesame
Oil
Jasmine rice
Pineapple
Red onion
Capsicum, any colour
Garlic
Coriander
Ginger
Skewers

PANTRY STAPLES: Cooking oil

ALLERGENS: Garlic, onion, soy, wheat

SPECIALISED EQUIPMENT: Char grill pan

METHOD:

1. Preheat a char grill pan, barbecue or frying pan on medium heat.
2. *Prepare the ingredients*
Wash the vegetables. Cut the pineapple into 2cm x 2cm x 1cm pieces. Cut the capsicums into 2cm cubes. Quarter the onions. Crush, grate or finely chop the garlic. Grate or finely chop the ginger. Finely chop the coriander. Cut the chicken into 2cm cubes.

All pieces should be the same size and cut thinly so you can thread many layers on the skewers.

3. *Cook the chicken kebabs*

Place the soy, mirin, sesame oil, ginger and garlic in a bowl with the chicken pieces. Mix well to combine and set aside for 5 minutes. Carefully thread the chicken, pineapple, onions and capsicums onto the skewers. Reserve the marinade. Place the skewers onto the preheated grill and cook, turning often, for 10 minutes or until cooked to your liking. Brush the chicken with the reserved marinade while cooking. Reduce the heat if the chicken starts to burn. Cover the chicken with a heatproof bowl or saucepan if the chicken needs more time to cook.

4. *Cook the rice*

Bring a saucepan of water to the boil. Wash the rice three times to remove the starch. Put the washed rice in the boiling water. Boil for 8 minutes or until cooked through. Stir half-way through to stop the rice from sticking. When cooked strain through a sieve. Stir the finely chopped coriander and a pinch of salt through the rice.

5. *To serve*

Divide the chicken skewers and coriander rice between serving plates