

## **POST BARIATRIC SURGERY RECIPE**

### **Spicy Chicken Skewers**



For use three months + after bariatric surgery. Make the skewers and freeze 2 before grilling ready for a quick tasty meal another day, your own healthy .....Fast Food!

Makes 4 skewers, 2 generous bariatric portions

Nutrition	per 100g	per bariatric portion
Energy Kcals	414	207
Protein g	66.6	33.3
Carbohydrate g	27.9	14
Fat g	4.7	2.3

### **Ingredients:**

2 Chicken breast fillets  
 200g Button Mushrooms  
 200g Cherry Tomatoes  
 1 Small tin of Pineapple in natural juice  
 1 tsp Chilli ketchup or ½ tsp Tabasco sauce  
 1 clove of Garlic  
 A few Coriander leaves  
 1 Lime

## **Method:**

- Make marinade by squeezing half the Lime and adding the juice to the crushed garlic and Chilli ketchup. Add the chopped Coriander leaves.
- Cut the chicken into tiny pieces (around 9-12 pieces for each breast) Add to the marinade and stir well, cover and refrigerate for at least 1hr.
- Assemble the skewers by taking alternate chicken, mushrooms, tomato and pineapple and threading them onto metal or soaked wooden skewers.
- Grill, turning regularly until the chicken pieces are well cooked, this can take around 10 minutes under a hot grill.
- Serve with a squeeze of Lime juice, a crisp crunchy salad with a natural yogurt dressing if needed.