

BBQ chicken skewers with orange

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Discover how to make the most of summer citrus fruits in your barbecue feasts this season with Sally O'Neil's tasty recipe.

Ingredients (Serves 2)

- 2 skinless organic chicken breasts
- 1 orange, juiced
- 1 tbsp tamari or soy sauce
- 1 tsp rice malt syrup or honey
- ½ tsp pepper (to taste)
- ¼ cup plain Greek yoghurt
- ½ tsp Himalayan sea salt flakes (to taste)
- ½ tbsp sesame seeds

Method

Cut the chicken into 4-centimetre cubes and add to a bowl along with orange juice (reserving 2 tablespoons), tamari, rice malt syrup and pepper.

Mix to coat and leave to marinate for 30 minutes.

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Meanwhile, mix together the yoghurt with the remaining 2 tablespoons of orange juice and a pinch of salt.

Skewer the chicken, being careful not to push the cubes too tightly together.

Heat the grill on high (BBQ or grill pan) and spray with a little olive oil.

Cook the skewers for 12 to 15 minutes, turning regularly. Remove when lightly charred on the outside and cooked through.

Serve the skewers with the yoghurt, a sprinkling of sesame seeds and fresh market salad.

Recipes and images: Sally O'Neil, [The Fit Foodie](#).

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