

# CHICKEN SKEWERS AND AUSBARREL

Who loves a skewer? So easy to cook and they look great too!

Here's a quick and easy way to cook a chicken skewer with a super-tasty result.

Place some chopped chicken (thigh or fillet) and perhaps other vegetables (tomato, zucchini, capsicum, mushroom, red onion...) on a skewer and baste with AUSBARREL White, Orange, Lemon, Original or your favourite variety). Cook on a pre-heated grill (inside, or on the BBQ). Cook for 8 minutes or until cooked through. Serve with a salad (see the many recipes in this e-book, or simply grab some fresh lettuce leaves and drizzle some AUSBARREL over them), and some gherkins as well if you wish! So many options!

