KIKKOMAN

Chicken skewers with mango coleslaw

Total time **40 mins**

Nutritional facts (per portion):
2198 kJ / 525 kcal

INGREDIENTS

4 portion(s)

Coleslaw:

1	small cabbage
1 tsp	salt
1	mango
3 tbsp	rice vinegar
3 tbsp	orange juice
1 tbsp	honey
3 tbsp	vegetable oil

Chicken skewers:

650 g	chicken breast
0.5	red chilli
100 ml	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1 pinch	sugar
0.5 tbsp	starch (gluten-free)

PREPARATION

Step 1

Wash the cabbage, remove the outer leaves and the hard stalk. Chop very finely. Mix with 1 tsp. salt and let rest for 20 minutes. Peel the mango and cut into fine strips. Combine the rice vinegar, orange juice, honey and vegetable oil to make a vinaigrette. Mix with the cabbage and then fold in the strips of mango. Set aside.

Step 2

Chop the chicken breast into roughly equal cubes (approx. 3 x 3 cm) and thread onto wooden skewers. Slice the chilli into thin rings. Mix the chilli, tamari sauce, sugar and starch. Place the chicken skewers in a casserole dish and pour over the marinade. Allow to marinate for 30 minutes, then remove and drain.

Step 3

Preheat the oven to 180°C (200°C convection). Grill the chicken skewers for 15–20 minutes.

Step 4

Spoon the coleslaw onto plates and top with the chicken skewers.