

# Chicken skewers with mango coleslaw

Total time **40 mins**

Nutritional facts (per portion):

**2198 kJ / 525 kcal**

## INGREDIENTS

4 portion(s)

### Coleslaw:

<b>1</b>	small cabbage
<b>1 tsp</b>	salt
<b>1</b>	mango
<b>3 tbsp</b>	rice vinegar
<b>3 tbsp</b>	orange juice
<b>1 tbsp</b>	honey
<b>3 tbsp</b>	vegetable oil

### Chicken skewers:

<b>650 g</b>	chicken breast
<b>0.5</b>	red chilli
<b>100 ml</b>	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
<b>1 pinch</b>	sugar
<b>0.5 tbsp</b>	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.