

chicken skewers**

 SERVES 1 person

 PREP TIME 15 mins

 COOK TIME 20 mins

SERVES 1 PERSON

PER SERVE

Calories 180 Cal (or 753 kJ)

Fat 3.3 g

Saturated fat 0.7g

Protein 25.8g

Carbohydrate 9g

Sugars 8g

Fibre 3.4g

Cholesterol 59mg

Sodium 51mg

- bamboo skewers
- 100g skinless chicken breast cubed
- 1 spring onion cut into 4cm pieces
- 1/2 red capsicum cut into small squares
- 1 small zucchini sliced (93g)
- 3 button mushrooms halved
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon dried oregano
- olive oil spray (1/4 teaspoon)

Soak 3 bamboo skewers in cold water. Thread the chicken and vegetables onto the skewers. Drizzle with the combined balsamic and dried oregano and spray well with olive oil. Place the skewers onto a baking tray and grill until golden and cooked through.



180 CALORIES

CHICKEN

LUNCH/DINNER

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