



Maggi

3-Step Sesame Chicken Kebab

Ingredients

- 1 tbsp Sesame Oil
- 2 tbsp MAGGI® Oyster Sauce
- 3 tbsp Water
- 2 tsp Honey
- 2 cloves Garlic
- 2 tbsp Sesame Seeds
- 2 tsp Chilli Flakes
- 0.5 tsp Dark Soy Sauce
- 250 g Chicken Breast
- 250 g Chicken Thighs
- 2 Onion
- 2 Capsicum
- 200 g Cherry Tomato
- 100 g Mushroom
- 200 g Broccoli

Instruction

1. In a bowl, combine MAGGI® Oyster Sauce, honey, crushed garlic, toasted sesame seed, chilli flakes, dark soy sauce and water. Add the cubes of chicken into the bowl and coat it well with the marinade. Cover it and allow the chicken to marinate it for 30 minutes for flavours to develop.
2. For the kebabs, soak the bamboo skewers in cold water for 20 minutes.
3. When the chicken is thoroughly marinated, thread the cubes of chicken onto the skewer and alternate between one piece of chicken and a vegetable of your choice.
4. On a grilling pan, spread a little bit of sesame oil and grill the kebab for 3 minutes on each side, basting with reserved marinade. Remove when the chicken is cooked through and the vegetables are tender.
5. Enjoy it on its own or with a small serving of white rice.

Nutrition

Carbohydrates	13.23 g
Energy	245.28 kcal
Fats	12.9 g
Protein	20.13 g

🕒 76 Minutes

⊕ 6 servings