



## YAKITORI CHICKEN AND VEGETABLE SKEWERS

*Serves two*

### **For the sauce:**

- \* 125ml (½ cup) soy sauce
- \* 80ml (⅓ cup) rice vinegar
- \* 45ml (3 Tbsp) dry sherry
- \* 30ml (2 Tbsp) honey
- \* 5ml (1 tsp) garlic paste
- \* 5ml (1 tsp) crushed ginger

### **To assemble:**

- \* 6 bamboo skewers, soaked in cold water for at least 30 minutes
- \* 2 free range chicken breast fillets, cut into bite-sized chunks
- \* 2 baby marrows, sliced
- \* 12 cherry tomatoes
- \* 5ml (1 tsp) white sesame seeds
- \* 5ml (1 tsp) black sesame seeds

**1** To make the sauce place the soy sauce, rice vinegar, dry sherry, honey, garlic paste and ginger in a small saucepan. Stir and bring to the boil, then lower the heat and simmer gently for 15 minutes until the sauce has reduced and thickened. Reserve two tablespoons of sauce for drizzling and dipping.

**2** Turn on your grill and place a lightly oiled rack over a foil-lined baking tray. Skewer the chicken cubes, baby marrows and tomatoes.

**3** Arrange the skewers on the tray. Pop under the grill for 4-5 minutes until the chicken is starting to brown on one side. Remove the tray and brush the sauce over the skewers on the cooked side, then turn them over and grill for a further 4 minutes. Remove from under the grill, brush with more sauce and turn the skewers again.

**4** Cook for a further 3-4 minutes per side brushing the skewers each time you turn them, until the chicken is cooked through.

**5** Arrange the skewers on a platter. Use a new, clean pastry brush to brush some of the reserved sauce on the skewers. Sprinkle with sesame seeds.

**6** Serve immediately.