Chicken Sosaties
RECIPE

Chicken Sosaties

Cooking time	15 mins
Preparation time	30 mins
Serves	6

Top Tip: Soak the wooden skewers in a plate of water for 15 minutes before.

Ingredients

- 2 onions cut into 1 cm squares
- 8 chicken breasts on bone with skin
- 250 ml dried apricot halves
- 12 wooden skewers soaked in water
- 1 packet Royco® Chicken Marinade
- 20 ml medium curry powder
- 3 ml turmeric
- 5 ml fresh ginger grated
- 3 ml dried chilli

Vegetarian

Replace the chicken in this recipe with cubes of halloumi.

Family Friendly

Leave out the chilli powder to reduce the spiciness of this recipe for kids.

Method

1. Boil the onion squares for 3 minutes, refresh in cold water. (or microwave onions for 1 minute)
2. Cut the chicken breasts off the bone, then cut into 2 cm cubes, keeping the skin on.
3. Thread chicken cubes onto the skewers, alternating with the onion squares and apricots.
4. Prepare Royco® Chicken marinade according to packet instructions. Add the curry powder, turmeric, ginger and chilli. Marinate sosaties for 20 minutes.
5. Grill sosaties in the oven for about 15 minutes, turning and basting frequently.
6. Serve immediately

7. The chicken skin is important in this recipe as it adds moisture to the kebabs. The kebabs can be made a day ahead (as far as step 3) but only marinate 20 minutes before cooking.

Recipe Tags

Dry Marinades, Chicken, Meat and Veg, Light Meal

Related Recipes

Mushroom Pork Bangers & Creamy Mash

Cooking time

30 mins

Preparation time

15 mins

Meatballs & Potato Wedges

Cooking time

30 mins

Preparation time

5 mins

The Ultimate Braai Broodjie

Cooking time

20 mins

Preparation time

15 mins

Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

Ham, Mushroom and Cheese Bake

Cooking time

25 mins

Preparation time

10 mins



Four Cheese Frittata

Cooking time

15 mins

Preparation time

5 mins

Spaghetti Bolognaise

Cooking time

30 mins

Preparation time

15 mins

Sausage And Potato Casserole

Cooking time

25 mins

Preparation time

15 mins

Roasted Garlic & Lemon Lamb Kebabs on Couscous

Cooking time

15 mins

Preparation time

60 mins

Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

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