

Low FODMAP BBQ Chicken Skewers with Lemon Sauce

Serves: 4

Prep: 15 minutes

Cook: 20 minutes



Stack Cup

Ingredients	Metric	Imperial
8 wooden skewers		
Chicken breast (skinless)	500 g	17.6 oz
2 tbsp neutral oil (canola, rice bran, sunflower)	36 g	1.3 oz
Salt and pepper, to taste		
1 medium zucchini	240 g	8.5 oz
1 large red capsicum	75 g	2.6 oz
½ cup low FODMAP chicken stock	125 g	4.4 oz
2 tbsp lemon juice	40 g	1.4 oz
2 tsp lemon zest	5 g	0.2 oz
1½ tsp dried rosemary	2 g	0.7 oz
1½ tbsp golden syrup OR maple syrup	38 g	1.3 oz
1½ tsp cornflour	2 g	0.7 oz
Sprinkle of dried chilli flakes (optional)		
Fresh coriander		

Nutrition Information (per serve)	
Energy	1299 Kj / 310 cal
Protein	39.40g
Carbohydrates	9.60g
Sugar	8.50g
Total Fat	12.40g
Saturated Fat	2.90g
Fibre	1.70g

Method

1. Place the wooden skewers in a bowl of water and leave to soak while you prepare the skewer ingredients.
2. Cut the chicken breast into small cubes. Place in a small bowl and drizzle with 1 tbsp of neutral oil, and season with a few grinds of salt and pepper.
3. Cut the zucchini (courgette) into small rings. Deseed and cut the red capsicum (red pepper) into chunks. Thread the courgette, red capsicum and cubed chicken onto the skewers.
4. Prepare the sauce ingredients. Zest and juice the lemon. Roughly chop the dried rosemary. Make the low FODMAP chicken stock if needed. Place the chicken stock, lemon juice, lemon zest, chopped rosemary, golden syrup (or maple syrup) in a small saucepan. Dissolve the cornflour (cornstarch) in 1 tbsp of warm water and add to the saucepan.
5. When you are ready to cook, heat the BBQ grill to high. Place the skewers on the grill. Brush the skewers with neutral oil. Cook for 15 to 20 minutes, turning skewers occasionally, until cooked through.
6. While the chicken cooks on the BBQ, heat the sauce over medium high heat, until thick, stirring occasionally.
7. Drizzle the chicken skewers with lemon sauce and sprinkle with dried chilli flakes and fresh coriander. Serve hot.

Hints

- Make sure your chicken stock does not contain onion, garlic or other high FODMAP ingredients. Check your chilli flakes do not include garlic. Buy pure maple syrup not maple flavoured syrup.
- Make sure your chicken stock, dried chilli flakes, dried rosemary, and cornflour are gluten free.