

Honey Mustard Chicken Skewers with Apple Mustard Slaw

Ingredients (make marinade and coat chicken pieces as soon as the day before or 2 hours)

6 large chicken breasts, cut into large even sized chunks

3 tbsp wholegrain mustard

3 tbsp Dijon mustard

6 tbsp runny honey

1 tbsp cold-pressed rapeseed oil

6 skewers (soak in water for 2 hours if using wood)

Apple Slaw (make ahead)

100g white cabbage, shredded

100g red cabbage, shredded

2 carrots, washed and grated

2 apples, sliced into sticks

6 tbsp mayonnaise

2 tsp white wine or cider vinegar

2 tbsp whole grain mustard

sea salt flakes and freshly cracked black pepper

Method

- Combine the wholegrain and Dijon mustard with the honey and oil in a medium size bowl and add the chunks of chicken. Coat the chicken pieces evenly in the marinade, cover and refrigerate for 2 hours while the wooden skewers soak.
- Combine the ingredients for the apple slaw in a large bowl and toss in the dressing ingredients until mix thoroughly. Cover and pop in the fridge until near the time of serving.
- After 2 hours remove the chicken from the fridge and thread onto the soaked wooden skewers. Place on a tray, cover with cling film and leave at room temperature for 20-30 minutes to take the chill off the meat.
- Preheat the BBQ for 220-240c direct grilling heat with the lid down and vents open as applicable.

- Oil the grate and place the chicken skewers on the grill over the direct grilling heat. Close the lid and cook for 2-3 minutes.
- Using tongs rotate the skewers on the grill and replace the lid. When the chicken has a beautiful golden exterior move the skewers to the safety area or indirect roasting heat. Use a temperature probe to check the core temperature of a few chicken pieces and replace the lid. Cook until the core temperature of the skewers is 75c then remove to a clean serving plate.
- Serve with the dressed apple mustard slaw.