

CHICKEN SKEWERS AND STIR FRIED RICE

SKEWERS:

500G chicken, diced
2 tbsp maple syrup
2 tbsp tomato puree
1 tbsp Worcestershire sauce
8 x wooden skewers

Mix all together well then put onto 8 skewers.

Bake at 150 C for 15 minutes, then check if cooked (should be white through to the skewer – if not, continue to cook for a further 3 minutes and check again)

RICE:

Oil
1 x medium onion
500g cooked white rice
50 g cooked peas
50g cooked carrots diced
50g cooked sweetcorn
Few dashes of Worcestershire Sauce to taste

Fry the onion in oil until soft.

Add the rice and fry gently, coating the rice with the oil.

Add the vegetables and stir well

Add the Worcester sauce and this will colour the rice (the darker, the stronger the spice flavour)

Serve together with the cooked skewers