



# Spiced Chicken Skewers

SERVES 4

## INGREDIENTS

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|--|---|
| ½ cup lemon juice                            | Olive oil cooking spray                 |
| 2 tablespoons olive oil                      | 100g any lettuce, washed and dried      |
| 1 teaspoon powdered sweetener                | 1 avocado, stone removed, sliced thinly |
| 2 cloves garlic, crushed                     | Cracked black pepper                    |
| 2 teaspoons ground cumin                     | 1 tablespoon white wine vinegar         |
| 1 teaspoon ground turmeric                   | 1 tablespoon Extra Virgin olive oil     |
| ¼ teaspoon ground cinnamon                   |   |
| ½ teaspoon cayenne pepper                    |   |
| 4 x 120g chicken tenderloin pieces (females) |   |
| 4 x 220g chicken tenderloin pieces (males)   |   |

## METHOD

1. Soak 8-12 wooden skewers in water for 30 minutes.
2. Mix lemon juice, olive oil, sweetener, garlic, spices and pepper in a small bowl to form a smooth paste.
3. Thread each chicken tenderloin onto a wooden skewer. Coat each tenderloin with the marinade and place in the refrigerator for 30 minutes to allow the flavours to develop.
4. Heat a grill plate and spray lightly with olive oil spray. Cook each of the chicken skewers for 3 minutes each side or until chicken is cooked through.
5. Combine lettuce, avocado, pepper, vinegar and olive oil. Toss. Serve with chicken skewers.

