

BBQ Chicken Skewers with Spicy Plum Sauce



Ingredients

8 chicken tenderloins, threaded onto metal skewers

2 tbsp Extra Virgin olive oil

1 medium red onion, diced

1 clove garlic, diced

1 bird's eye chili (seeded, optional)

1 tbsp grated fresh ginger

2 tbsp tomato paste

2 plums, stone removed and quartered

1/3 cup white wine

Sea salt and ground black pepper to taste

Lemon wedge to serve

Method:

1. To make the plum sauce, heat one tablespoon of the oil in a saucepan over a medium heat and

gently sauté the onion, garlic, chilli and ginger, stirring with a wooden spoon.

2. Add the tomato paste, plums and white wine and keep cooking for a further 5 minutes until the plums are cooked through.
 3. Allow to cool slightly, then puree until it becomes a thick sauce. Set aside.
 4. Meanwhile, heat the rest of the oil on a grill plate until hot and bbq the chicken skewers for 4 minutes on each side or until cooked through.
 5. Serve with Low GI Rice and a side of grated slaw and place the spicy plum sauce in a small dish.
- Enjoy!