

Curried Chicken and Pineapple Skewers



Discover our flavorful recipe for Curry and Pineapple Chicken Skewers, a delightful combination of spices and tropical sweetness. These grilled skewers are a perfect balance of savory and sweet flavors, perfect for summer gatherings.

Preparation 75 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 240

Fat 4

Carbohydrates 21

Fibre 3

Protein 32

Sodium 80

Ingredients

- 4 chicken breasts (or about 500 g / 1 lb), cut into cubes
- 250 ml (1 cup) plain yogurt
- 15 ml (1 tbsp) curry powder
- 750 ml (3 cups) fresh pineapple, cubed
- 2 small red peppers, cubed

- 8 metal or wooden skewers, soaked in water for 30 minutes

Note: For a low FODMAP version, use lactose-free yogurt and curry powder without garlic or onion.

Preparation

1. In a large airtight container, place yogurt and curry powder and mix.
2. Add chicken, close the container and shake vigorously. Let marinate for 1 hour or overnight in the refrigerator.
3. Preheat BBQ to medium or oven to 205°C (400°F). For oven cooking, line a baking sheet with parchment paper or a silicone mat. For BBQ, oil the grill.
4. Assemble skewers, starting with a piece of bell pepper, followed by a piece of chicken, then a piece of pineapple. Repeat with remaining ingredients.
5. BBQ: Grill skewers for 5 minutes on each side or until chicken is cooked through.
6. Oven cooking: Spread the brochettes on the baking sheet and cook for 12 to 15 minutes or until the chicken is cooked through, turning the brochettes halfway through cooking. Serve with a green salad with our [low FODMAP raspberry dressing](#).

Notes

Can be kept for 3 days in the refrigerator and does not freeze.



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