

# Chef Carolyn Carcassi's Chicken Caterpillar Kebobs

Adapted from Annabel Karmel's First Meals Cookbook

Serves 8

## Kebabs

- 4 chicken breast fillets, cubed
- 1 cup fresh pineapple chunks
- 1 red pepper, deseeded and cut into triangles
- 8 wooden skewers

## Marinade

- 3 TBS soy sauce
- 3 TBS honey
- $\frac{1}{2}$  TBS lemon juice

## Decorate

- 8 cherry tomatoes
- 16 whole cloves
- 8 green onions

## Rice

- 1 cup Success 10 minute brown rice
- 2 cups water

1. Mix together the marinade ingredients in a shallow bowl. Add the chicken and leave to marinate for 15-30 minutes. While the chicken marinates, soak eight bamboo skewers in water to keep them from burning.
2. Thread the chicken onto the skewers, putting  $\frac{1}{2}$  of a chunk of pineapple, and a red pepper triangle between each piece of chicken. Arrange on a baking sheet and transfer to a preheated oven. Cook for 15 minutes basting with the marinade and turning occasionally, until cooked through.
3. To decorate, make a face for each caterpillar using a cherry tomato, studded with clove eyes. Attach it to the tip of the skewer and thread on a green onion tail.

