



# Chicken and apple skewers

## Ingredients (serves 1)

- 100 g chicken breast
- 1 golden apple
- 1 tsp ground turmeric
- 1 tsp curry powder
- 1 tbsp extra virgin olive oil

## Method

1. In a bowl, mix the virgin olive oil, turmeric and curry powders.
2. Cut the chicken into squares and add to the bowl. Mix until the chicken is covered in the seasoned oil.
3. Peel the apple and cut into squares the same size as the chicken.
4. Thread the chicken and apple squares onto skewers, alternating pieces.
5. Repeat the process with the other skewers.
6. In a pan, add virgin olive oil and cook the skewers at medium heat until golden brown on all sides.
7. Add a dash of water to the pan and cover for four or five minutes at low heat so they finish cooking and are tender.
8. Serve warm and enjoy.

## Recommendations

In case of not having a good tolerance to turmeric or curry, prepare the recipe skipping steps 1 and 2 or use another blend of spices or herbs.