CHICKEN SKEWERS MARINATED IN BARBECUE SAUCE

Ingredients
(For 4 people)

- 600 g chicken fillet
- For the marinade:
- 2 tbsp Savora mustard
- 3 tbsp ketchup
- 2 pinches of aromatic (herb and flower) mixture
- 3 tbsp Worcestershire sauce
- 2 tbsp chilli sauce
- 2 cubed red peppers
- 2 red onions

Preparation:

Cut the chicken and slip it onto skewers, alternating with pepper and red onion.

Mix all the ingredients in a bowl and brush every side of the chicken skewers with the mixture. Leave to chill for 1 hour in the refrigerator.

Sear the skewers on a griddle for 15 minutes, turning them over regularly.