

CARMELIZED CHICKEN SKEWERS

For 4 persons

Preparation time : 30 minutes

Cooking time : 12 minutes



Ingredients :

- 4 chicken breasts (200 g each)
 - 1 bunch Swiss chard
 - 1 bunch mint
 - 50 cl veal stock
 - grape seed oil
 - 1 tablespoon maple syrup
 - 1 teaspoon soya sauce
 - salt, pepper
 - liquorice sticks
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- Largely dice the chicken breast. Thread 3 chicken cubes onto each liquorice stick (previously cut into 2 lengthwise).
 - Mix the stock with maple syrup, soya sauce, add the finely chopped mint and season with pepper.
 - Place the skewers on a flat dish, add the marinade and leave to rest for 1 hour, turning them regularly. Add just a little salt (the reduced sauce will be salty) and pepper.
 - Brown the skewers in olive oil in a pan, cook for 12 minutes until they are caramelized.
 - Reduce the marinade to three-quarters.
 - Serve the skewers with the sauce