



Marinated chicken skewers

For 4 people

■ 4 breasts of chicken, 2 zucchinis, 7 tablespoons of soya sauce, 2 tablespoons of cider vinegar, the juice of a half lemon, 1 tablespoon of mustard, 3 crushed cloves of garlic, 1 tablespoon of curry powder, 2 tablespoons of olive oil, black pepper.

■ Cut the breasts of chicken in thin strips in the length.

■ Mix all the others ingredients except the zucchinis, in a salad bowl, add chicken, and let marinate in the fridge approximately 10 hours.

■ With a peeler, made zucchini thin straps, and put on each piece of chicken. Make the skewers.

■ Cook them on your barbecue.

