



Apple, Bacon and Chicken Brochette

Ingredients:

Chicken supreme

½ Kg.

Red pepper

½ unit

Green pepper

½ unit

Green apple

1 unit

Onion

1 unit

Ham or bacon cut in slices

150 g.

To paint

Oil

3 tbsps

Herbs de Provence

1 tbsps

Lemon juice

1 unit

Salt and pepper

To taste

Procedure

Cut up the onion and the bell peppers in 2 finger size cubes. Make the brochettes by inserting the ingredients (bend the shrimps in halves) and place them in the 4 compartments of the BroChef base. Cut the unused part of the skewer. Fill up the compartment. Cook at full power for 4 minutes

