

PRODUCERS  
OF *wellbeing*

# Chicken skewers with pineapple

TIME: **30 MINUTES**  
PORTIONS: **4**

## INGREDIENTS:

- **300 grams of cubed pineapple**
  - 300 grams of diced chicken breast
  - 2 bell peppers, diced
  - 1 red onion, diced
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- 200 grams of bacon
  - 15 grams of oregano
  - Lemon juice
  - 100 ml of olive oil



## Preparation

In a bowl, season the chicken with salt, paprika, oregano, and lemon juice for 20 minutes.

Once the chicken is marinated start shaping the skewers, take the pineapple pieces and combine them with the chicken, onion, bacon, and pepper.

Cook on a grill or skillet for 15 minutes or until chicken is well cooked and served with salad or rice.



*essential*  
**COSTA  
RICA**