

HOW TO USE · HABANERO HUSTLE

CHICKEN AND VEGIE SKEWERS

Smoky, sweet and a little fruity heat. Rub, rest and bake.

SERVES	PREP	COOK
4	20 min + 20 min resting	15–20 min

INGREDIENTS

- 800 g chicken thigh fillets, cut into 3 cm pieces
- 32 g Habanero Hustle (about 2 tbsp)
- 2 tbsp olive oil
- 1 red capsicum, 1 zucchini and 1 red onion, cut into chunks
- 8 skewers (soak wooden ones in water for 30 minutes)
- Lime wedges and plain yoghurt, to serve



METHOD (oven)

1. Toss the chicken with 1 tbsp of the oil and the Habanero Hustle. Cover and refrigerate for 20 minutes.
2. Heat the oven to 220°C fan-forced and line a large tray with baking paper.
3. Thread the chicken and vegetables onto the skewers. Brush the vegetables with the remaining oil.
4. Bake 15–20 minutes, turning once, until the chicken reaches 75°C in the thickest piece and the vegetables are tender with charred edges.
5. Rest 3 minutes. Serve with lime wedges and yoghurt.

CHICKEN AND VEGIE SKEWERS

AIR FRYER METHOD

190°C · 10–12 min

Skewers cut to fit, in batches

1. Heat the air fryer to 190°C.
2. Cook the skewers in a single layer for 10–12 minutes, turning halfway.
3. Check the chicken reaches 75°C in the thickest piece.
4. Rest 3 minutes and serve.

BBQ / GRILL OPTION

180–200°C · 25–30 min

Chicken thighs and corn, two zones

1. Rub 1 kg chicken thigh fillets with 40 g Habanero Hustle and 1 tbsp oil. Rest 20 minutes in the fridge.
2. Heat a hooded BBQ to 180–200°C with one side on and one side off. Oil the grill and brush 4 corn cobs with oil.
3. Cook the chicken over the off side, lid down, 10–12 minutes a side. The sugar in the rub burns over direct flame, so only finish over the heat briefly. Turn the corn every 4–5 minutes for 15–20 minutes.
4. Check the chicken reaches 75°C in the thickest piece. Rest 5 minutes.

SMOKER OPTION

150–160°C · 1–1½ hr

Smoked chicken thighs

1. Set the smoker to 150–160°C with hickory or apple wood.
2. Rub 1 kg bone-in chicken thighs with oil and 40 g Habanero Hustle. Smoke 1–1½ hours.
3. Check the thickest part (not touching bone) reaches 75°C. Rest 5 minutes.

OTHER WAYS TO USE IT

- → Chicken and corn, oven-baked: rub chicken thighs and corn cobs, then roast on a tray at 200°C fan-forced for 25–30 minutes (chicken to 75°C).
- → Rub on pork chops, prawns or firm fish before grilling.
- → Toss through potato wedges before roasting.

SALT This blend already contains salt, so taste before adding any more.