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by ewfood

Chicken Kabobs with Peanut Sauce



Ingredients

12 ounces boneless, skinless chicken breast (about 1 large)
2 tablespoons vegetable oil
2 tablespoons lower-sodium soy sauce
for the peanut sauce:
3 tablespoons creamy peanut butter
2 tablespoons lower-sodium soy sauce
2 tablespoons fresh lime juice
1 tablespoon honey
1 tablespoon chopped scallion greens
1/8 teaspoon garlic powder

Preparation

- 1 **For the chicken:**
- 2 **Cut the chicken into 1/4-inch strips across the grain. Lay the strips on a cutting board and gently flatten by pounding with your fist**
- 3 they will be a variety of shapes and sizes. If some slices are very long (more than three bites), you may need to cut them in two.
- 4 Place the chicken in a bowl with the oil and soy sauce and turn the chicken in the sauce to coat.
- 5 Let the chicken marinate at room temperature for at least 20 minutes, or refrigerate overnight.
- 6 **For the peanut sauce:** Combine the peanut butter, soy sauce, lime juice, honey, scallions, garlic powder and red pepper flakes in a bowl and whisk together.
- 7 Preheat a flat griddle over medium heat. Remove chicken from marinade, pat dry and thread onto skewers
- 8 discard the marinade.
- 9 Place the chicken on the hot griddle so that the skewers are positioned away from the direct heat and cook the chicken until golden brown, 2 to 3 minutes per side.
- 10 Serve the skewers with peanut sauce for dipping.

Cooks Note

Kitchen Tip

Peanut sauce will keep for up to a week in a refrigerated airtight container. But remember to take the sauce out of the fridge about 30 minutes before serving to let it come to room temperature: know how stubborn peanut butter can be.

(Source)
