Posted on 29 March 2015

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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)