



CHICKEN AND VEGETABLE SKEWERS

WITH A SPICY PEANUT SAUCE

PREP TIME: 10mins
COOK TIME: 20mins
SERVES: 4

INGREDIENTS

- 12 wooden skewers
(3 skewers per person)
- 8 chicken thighs
- 1 head broccoli
- 1 head cauliflower
- 1 cup peanut butter
- 1 tbl garlic powder
- 1 cup maple syrup
- Pineapple juice
- 1 tsp chilli powder
- 1 tsp Chinese 5 spice
- 4 cups yoghurt
- 1 tbl salt
- 1 cup oil

DIRECTIONS

- (1) Measure skewers to make sure they fit inside the pan.
- (2) Cut 12 pieces of skewers to size.
- (3) Soak in water for 30 mins.
- (4) Cut chicken thighs into threadable strips. Use 2 thighs per person.
- (5) Cut broccoli into skewerable florets.
- (6) Cut cauliflower into skewerable florets.
- (7) Mix 1 tbl garlic and 1 tbl of salt into 1 cup yoghurt.
- (8) Marinade chicken and vegetables in the yoghurt and set aside for 20 mins.
- (9) Thread the chicken, broccoli and cauliflower onto each skewer using an alternating style.
- (10) Heat 1 tbl of oil in pan until a medium heat. Use 1 tbl for every three skewers.
- (11) Cook three skewers in the pan. Keep turning till golden brown on all sides.
- (12) Peanut sauce
 - I. Heat 1 tsp oil in a pan over a low to medium heat
 - II. Mix in peanut butter, maple syrup, chilli powder & chinese 5 spice
 - III. Once sauce is done set aside.
- (13) Set skewers into sauce and enjoy

