Dinner, Indian

Charred Chicken Skewers with Creamy Peanut Sauce

Chicken breast strips soak up a garlicky, gingery peanut sauce, then get threaded onto skewers and grilled until charred outside. The leftover sauce doubles as a dip at the table.



Dairy free

50 min	250	11 g	5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 8 whole bamboo skewers
- [ ] 1/2 tsp kosher salt
- [ ] 1/4 tsp black pepper
- [ ] 1/3 cup reduced-fat peanut butter
- [ ] 1 tbsp lower sodium soy sauce
- [ ] 1 tbsp honey
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp sesame oil
- [ ] 1 clove garlic (minced)
- [ ] 1 tsp fresh ginger (grated)
- [ ] 1/2 tsp turmeric
- [ ] 3 tbsp water
- [ ] 1 lbs boneless, skinless chicken breasts (cut into 1-inch thick strips)

Nutrition Facts

Per serving

Calories	250
Total fat	9 g
Saturated fat	1.5 g
Sodium	410 mg
Total carbs	11 g
Fiber	1 g
Total sugars	5 g
Protein	29 g

Method

- [ ] 1 Soak the bamboo skewers in water for at least 30 minutes so they do not burn on the grill.
- [ ] 2 Whisk the kosher salt, black pepper, reduced-fat peanut butter, lower sodium soy sauce, honey, rice vinegar, sesame oil, minced garlic, grated fresh ginger, and turmeric together in a small bowl, then stream in the water a little at a time until the sauce is smooth and pourable.
- [ ] 3 Toss the boneless, skinless chicken breasts with a third of the sauce until every strip is coated, and let them marinate for 20 minutes.
- [ ] 4 Set a grill or grill pan heating over medium-high heat.
- [ ] 5 Thread the chicken onto the soaked skewers and grill for about 10 minutes, turning now and then, until the internal temperature reaches 165 degrees F and the outsides pick up a good char.
- [ ] 6 Drizzle the rest of the peanut sauce over the hot skewers, or serve it alongside for dipping.

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