



Adventure Ingredients:
Gochujang, Reduced Sodium Soy Sauce, Fish Sauce

Grilled Chickabobs

Add ginger, fermented fish sauce, and a little spicy Gochujang

- 1/4 cup minced onion
- 2 Tablespoons reduced sodium soy sauce or Coconut Aminos sauce
- 2 Tablespoon grated peeled fresh ginger
- 2 Tablespoons honey
- 1 to 2 Tablespoons fish sauce
- 2 Tablespoons Gochujang red chili paste
- 1/2 teaspoon ground black pepper
- 16 ounces fresh chicken tenders, trimmed
- 8 mini multi-colored sweet peppers, seeded
- 1/2 red onion, peeled, cut into 1-inch square pieces
- 1 Tablespoon olive oil

Garnish: Sesame seeds as desired, cilantro sprigs

Grilling Directions: Soak 6 wooden skewers in water for at least 20 minutes. Prepare grill or grill pan with light coat of oil. When ready to grill, prepare grill for direct cooking or preheat lightly oiled grill pan over 375-degree F. or high; then reduce heat to medium for grilling.

Prepare Marinade: In a small bowl, combine onion, reduced sodium soy sauce, ginger, honey, fish sauce, chili paste, and black pepper. Set aside 1/4 cup.

Marinate Chicken: Cut chicken tenders into 1-inch pieces; place in large plastic bag, pour remaining chili marinade over chicken. Close and seal bag; massage chicken with marinade to coat. Place in refrigerator for about 20 minutes.

Prepare Skewers: Remove chicken from marinade; discard plastic bag. Alternately thread, multi-colored peppers, chicken chunks, and onions onto skewers. Add 1 Tablespoon oil to reserved marinade. Divide marinade in half. Lightly brush vegetables on skewers with some of the reserved marinade.

Grill Kabobs: Place kabobs on grill grates or grill pan. Grill kabobs covered for about 4 minutes; turn and grill for 2 to 3 minutes or chicken is cooked and tests 165 degrees F.

To Serve: Arrange skewers on serving platter; drizzle with remaining reserved marinade; sprinkle with sesame seeds. Garnish with cilantro sprigs. Yield: Serves 4

About the Recipe: These grilled chicken skewers, flavored with a succulent Asian inspired sauce, are teamed with smoky flavored onions and sweet peppers. The charbroiled chicken chunks are a salty, briny, sweet surprise that are packed with umami flavor.

Added Information about Ingredients:

What is Coconut Aminos?

Coconut aminos is a liquid condiment similar to soy sauce, made from coconut palm tree fermented sap, and sea salt. A few brands add coconut sugar or coconut vinegar for flavor. It is often used as a reduced sodium soy sauce.

What is Gochujang?

red chili paste^[2] is a savory, sweet, and spicy fermented condiment made from chili powder, glutinous rice, fermented soybean powder, barley malt power, and salt.

What is Fish Sauce?

The flavor comes from the process of fermenting fish for anywhere from a couple months to a few years.