

# STICKY CHICKEN SKEWER RICE BOWLS

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COOK TIME: 30mins

SERVES: 4

CALORIES: 647 kcal (PER SERVING)

## INGREDIENTS

8 skewers  
1 pound/450 g chicken breast fillets  
1 pound/450 g boneless/skinless chicken thighs  
½ cup/120 ml low sodium soy sauce  
2 tbsp brown sugar  
1 tbsp mirin  
2 tbsp toasted sesame oil  
¼ tsp chili flakes  
2 garlic cloves, grated  
1 tbsp grated ginger  
3 scallions, sliced  
9 ounces/250 g jasmine rice

**\*BLISTERED SNOW PEAS**  
12 ounces/350 g snow peas  
1 tbsp vegetable oil  
1 tsp salt  
1 tbsp mirin

## DIRECTIONS

Slice the chicken into thin strips. Place in a large bowl. Combine with soy sauce, brown sugar, sesame oil, mirin, chili flakes, garlic and ginger. Stir to coat. Set aside for 5 minutes or cover and place overnight in the fridge.

Preheat the oven to 400°F or 200°C.

Cut the scallions crosswise into 1 ½-inch/4 cm pieces.

Skewer the chicken and finish each skewer with scallions, keep the remaining scallions for topping.

Once prepared, place skewers on a baking sheet lined with parchment paper. You can pour the remaining marinade over the skewers to create a delicious sauce. Roast for 15 minutes or until nicely browned and the chicken starts to char. Alternatively, change the oven setting to broil and bake the chicken for about 4 minutes more. Keeping an eye on it, as the broiler can burn food fast.

In the meantime, cook the rice according package directions.

Make the blistered snow peas. Heat oil in a skillet over high. Add snow peas and cook, stirring occasionally, until blistered and crisp-tender, about 3 minutes. Turn off the heat, stir in salt, mirin and chili flakes.

Divide rice among bowls, along with chicken skewers and blistered snow peas. Enjoy!

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