

Chicken Satay with Blueberry Ginger Sauce

Servings: 4

Prep Time: 35 minutes

Cook Time: 20 min

INGREDIENTS

Chicken Satay

- 2 tablespoons soy sauce
- 2 tablespoons smooth peanut butter
- 1/4 teaspoon pepper
- 1 lb. boneless skinless chicken thighs, cut into 1-inch cubes
- 8 skewers (6-inch)
- 2 tablespoons rice wine vinegar
- 1 tablespoon canola oil
- 1 tablespoon sesame oil
- 1 tablespoon chili paste
- 1 tablespoon minced fresh ginger
- 1 teaspoon brown sugar
- 2 cloves garlic, minced
- 1/4 teaspoon salt

Blueberry Ginger Sauce

- 1 cup frozen blueberries
- 1/4 cup brown sugar
- 2 tablespoons soy sauce
- 2 green onions, sliced
- 1 tablespoon minced fresh ginger
- 2 tablespoons lime juice
- 1 tablespoon cornstarch



INSTRUCTIONS

Chicken Satay

- 1 In a large bowl, whisk together soy sauce, peanut butter, vinegar, canola oil, sesame oil, chili paste, ginger, brown sugar, garlic, salt and pepper; toss with chicken.
- 2 Cover and refrigerate for at least 30 minutes or up to 4 hours. Thread marinated chicken cubes on metal or soaked bamboo skewers.
- 3 Preheat grill to medium heat; grease grate well. Grill chicken skewers for 4 to 5 minutes per side or until chicken is cooked through.

Blueberry Ginger Sauce

- 1 Meanwhile, in a saucepan set over medium-high heat, combine blueberries, brown sugar, soy sauce, green onions and ginger; bring to boil.
- 2 Whisk together lime juice, 1 tablespoon of water and cornstarch until smooth; whisk into blueberry mixture. Cook for 1 to 2 minutes or until thickened.

Variations

Substitute pork tenderloin for chicken if desired.

