

LIME AND CILANTRO CHICKEN SKEWERS

PORTIONS : 4

INGREDIENTS

- 250 ml (1 cup) fresh cilantro (leaves and stems), well packed
 - 4 green onions, chopped into sections
 - 2 teaspoons fresh ginger
 - 2 garlic cloves, cut into pieces
 - 1 lime, zest and juice
 - 30 ml (2 tablespoons) olive oil
 - 1/3 cup rice vinegar
 - ¼ cup liquid honey
 - 8 chicken thighs, boneless and skinless
 - 8 wooden skewers, soaked in water for 30 minutes, or metal skewers
 - 1 onion cut in quarters
 - 2 peppers cut in large pieces
 - Salt and pepper
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PREPARATION

1. Preheat the oven 375 C.
2. In a small blender, mix the cilantro, green onions, ginger, garlic, lime juice and zest, rice vinegar, honey and oil, until it becomes a puree. Pour into a glass dish.
3. Place the pieces of chicken in the dish and coat in the marinade. Refrigerate 2 hours or overnight.
4. Thread the pieces of chicken, onion and pepper onto the skewers.
5. Bake in the oven for 15 minutes.