



Thai Chicken Skewers with Coconut Rice

Ingredients:

Marinade & Chicken

- 2-3 limes
- 1 1-in. (2.5-cm) piece fresh gingerroot, peeled
- 1 can (14 oz/398 mL) coconut milk, divided
- 1 cup (250 mL) loosely packed fresh cilantro
- 1/3 cup (75 mL) Thai red curry paste
- 4 garlic cloves, peeled
- 3 tbsp (45 mL) packed brown sugar
- 1 1/2 tbsp (22 mL) lemon grass paste
- 1/2 tsp (2 mL) salt
- 1 lb (450 g) boneless, skinless chicken thighs

- 8 green onions with tops, divided
- 12 mini bell peppers, seeded

Rice

- 1 1/4 cups (300 mL) water
- 1 cup (250 mL) coconut milk reserved from marinade
- 1 cup (250 mL) uncooked jasmine rice, rinsed
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) sugar
- Green onion tops reserved from chicken
- 1/4 cup (50 mL) finely chopped fresh basil leaves (optional)

Directions:

1. For marinade, juice limes with **Juicer** to measure 3 tbsp (45 mL). Grate ginger with **Microplane® Adjustable Fine Grater** to measure 1 1/2 tbsp (22 mL). Combine lime juice, ginger, 3/4 cup (175 mL) of the coconut milk, cilantro, curry paste, garlic, brown sugar, lemon grass paste and salt in **Manual Food Processor**; cover and pump handle until cilantro is finely chopped. Reserve 1/3 cup (75 mL) of the marinade for brushing on chicken and bell peppers during grilling; cover and refrigerate. Cut chicken into 1-in. (2.5-cm) pieces. Place chicken in large resealable plastic bag. Pour remaining marinade into bag; seal bag and turn to coat. Marinate in refrigerator 8 hours, turning occasionally, or overnight.
2. Prepare grill for direct cooking over medium-high heat. Thinly slice green onion tops; set aside. Remove chicken from marinade; discard marinade. Thread chicken, bell peppers and green onion bottoms evenly onto **BBQ Skewers**. Grill, covered, 12-15 minutes or until internal temperature of chicken in thickest piece reaches 165°F (74°C), turning occasionally with **BBQ Tongs**. Brush skewers with reserved marinade during the last 5 minutes using **BBQ Basting Bottle**. Transfer skewers from grill to Large Sheet Pan.
3. Meanwhile, for rice, combine water, reserved coconut milk, rice, salt and sugar in **Rice Cooker Plus**. Microwave, covered, on HIGH 5 minutes. Reduce power to 50%; microwave 7 minutes. Let rice stand, covered, 5 minutes. Fluff rice with fork; stir in half of the reserved green onion tops and basil, if using. Serve skewers over rice; garnish with remaining green onion tops.

Yield: 4 servings

Nutrients per serving: (1 skewer, 1 cup/250 mL rice): Calories 510, Total Fat 23 g, Saturated Fat 15 g, Cholesterol 75 mg, Sodium 520 mg, Carbohydrate 50 g, Fiber 4 g, Protein 27 g

Cook's Tips: Three small bell peppers can be substituted for the baby bell peppers. Slice seeded bell peppers into 1-in. (2.5-cm) pieces and proceed as recipe directs.

To remove excess starch from jasmine rice, rinse the rice under cold running water using **(7-in./18-cm) Strainer** until the water runs clear.

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