

Kitchen
Crafted



Tropical Mumbai Masala Chicken Kabobs

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INGREDIENTS:

- 2 cups Pineapple Juice
- 1/2 cup Braggs Liquid or Light Soy Sauce
- 2 Garlic Cloves, minced
- 1 tsp. Crushed Red Pepper
- 2 tbs. **Mumbai Masala BLND**[®]
- 2 tbs. Water
- 1 tbs. Cornstarch
- 4 Boneless-Skinless Chicken Breasts, cut into 1 - 1/2 inch cubes
- 1 Red Onion, cut into 1-inch cubes
- 1 Red Bell Pepper, cut into 1-inch cubes
- 1 Yellow Bell Pepper, cut into 1-inch cubes
- 1 Green Bell Pepper, cut into 1-inch cubes
- 2 Cups Fresh Pineapple cut into 1-inch cubes
- Wooden skewers soaked in water for at least 30 minutes to avoid burning
- Optional Garnish: Rice and Fresh Mint, chopped fine

DIRECTIONS:

1. In a small saucepan, whisk together the pineapple juice, soy sauce, brown sugar, garlic, crushed red pepper and the **Mumbai Masala BLND**[®]. Place the saucepan on medium to high heat.
2. In a small bowl, whisk together the water and cornstarch. Slowly whisk into the marinade and cook for 2 to 3 minutes until the marinade begins to thicken a bit. Remove from heat and let mixture cool.
3. Once cool, pour half of the marinade into a large resealable plastic bag and reserve the other half of the marinade for later. Add the chicken, seal the bag and turn to coat; refrigerate for at least 30 minutes and no more than 3 hours.
4. Meanwhile, get the vegetables and pineapple ready to skewer.
5. Drain chicken, discarding the marinade. Using the soaked bamboo skewers, alternate meat, with onions, peppers and pineapple. Sprinkle each kabob with **Mumbai Masala BLND**[®].
6. Grill the chicken skewers uncovered, over medium heat for 4 to 5 minutes on each side. Baste with the remaining marinade. Continue turning and often, basting until the chicken is cooked through.
7. Serve over your favorite rice and top with fresh mint.

