



Arvinda's

A *fresh* APPROACH TO COOKING INDIAN



Chicken Kebabs

Recipe created by Phyllis Keating

Ingredients:

Marinade

1/2 cup white wine
1/3 cup soy sauce (low sodium)
1 tbsp. grated ginger
1 tbsp. brown sugar
2 tbsp. peanut oil
1 tbsp. pure sesame oil
2 tsp. Arvinda's Curry Masala

4 boneless skinless chicken breasts
2 red bell peppers
1/2 fresh pineapple
grated zest of 1 orange

Method of Preparation:

Mix Marinade in Ziplock Bag. Wash & Dry Chicken, cut into large chunks. Wash, seed & cut red peppers into large chunks. Cut pineapple into large chunks

Place cut chicken & cut red bell peppers in Ziplock Bag with Marinade...Marinate in fridge for about 4 to 6 hours at least. Soak skewers in water for at least 1 hour.

Cut pineapple into chunks and alternate with marinated chicken & red bell peppers onto skewers.

BBQ on medium high for about 5 mins./per side!! YUM YUM!!!!!!