



HOME CHEF

Sambal-Glazed Chicken Skewers

With Bell Peppers and Peanut Broccoli



Is it just us or are skewered foods 10 times tastier than things not cooked on wooden sticks? In this dish, we use tasty sambal-marinated chicken paired with red and green bell peppers. We serve the skewers alongside sautéed broccoli studded with peanuts for a quick and scrumptious weeknight meal.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

NUTRITION

Calories: 624
Carbohydrates: 31g
Fat: 27g
Protein: 64g
Sodium: 853mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE

DRINK PAIRING

A nice rummy Mai Tai or Beaujolais are a great match for this light, subtly spicy dish.

INGREDIENTS

1 Tbsp. Sambal
1 Tbsp. Seasoned Rice Vinegar
3 oz. Hoisin Sauce
1 Tbsp. Chopped Ginger
1 Green Bell Pepper
1 Red Bell Pepper
1 Green Onion
16 oz. Boneless Skinless Chicken Thighs
6 Wooden Skewers
8 oz. Broccoli
1 oz. Roasted Peanuts

WHAT YOU NEED

Cooking Spray

EQUIPMENT

Baking Sheet
Medium Pan
Small Bowl

DID YOU KNOW?

Sambal is a raw chili paste common in Southeast Asian cuisine. We love it in stir-fries, with eggs, and even on top of pizza.

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Prepare the Ingredients

Prepare a baking sheet with foil and **cooking spray**. Thoroughly rinse produce and pat dry. In a medium pan, combine half the **sambal**, half the **rice vinegar**, half the **hoisin sauce**, and half the **ginger**. Cut **bell peppers** into 1" squares. Trim and thinly slice **green onion** at an angle (bias). Rinse **chicken thighs** and pat dry. Cut thighs into about 18 ½" strips (4-6 per thigh), and add to pan to marinate.



Make the Skewers

Thread 1 piece of each **pepper** to each **skewer**, then fold a **chicken strip** in half and add to skewer. Repeat process so that each skewer has about three pieces of chicken and four layers of bell pepper—don't worry if it's not exact, it'll still be delicious. Lay skewers on prepared baking sheet as you work. Leave excess **marinade** in pan.



Make the Sambal Glaze

Set pan with marinade over medium-high heat. Add remaining **sambal**, **hoisin**, **rice vinegar**, and **ginger**. Add 2 Tbsp. **water** and heat until simmering. Simmer for 2 minutes, or until slightly thickened. Remove to a small bowl and wipe pan clean.



Broil Skewers

Preheat broiler with rack in top row. Cover exposed ends of **skewers** with foil to prevent burning. Brush tops with reserved **marinade**. Place sheet in broiler and cook for 6-8 minutes, or until caramelized. Flip skewers, brush once more with remaining marinade, and return to broiler for 6 more minutes, or until second side is caramelized and a minimum internal temperature of 165 degrees is reached.



Cook the Broccoli

Return medium pan used to make glaze to medium-high heat with 2 Tbsp. **water**. Bring to a simmer and add **broccoli**, breaking up larger florets with your hands as you add them to the pan. Cover and cook 2-3 minutes or until broccoli is bright green and tender. Season with a pinch of **salt and pepper**. Add **peanuts** and toss to coat.



Plate the Dish

Place a serving of **broccoli** on each plate along with 3 **skewers**. Garnish with **green onions**.