



NUTRITION *per serving* 31g carbohydrates 22g fat 45g protein 986mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free



Calories
491



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Mild

IN YOUR BOX

- 1 Lime
- 4 Cilantro Sprigs
- 1 Granny Smith Apple
- ½ oz. Peanuts
- 2 Boneless Skinless Chicken Breasts
- 1 oz. Honey
- ¾ Tbsp. Smoked Paprika
- 6 Wooden Skewers
- 6 oz. Slaw Mix

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- 3 Mixing Bowls
- Grill Pan or Outdoor Grill

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HOME CHEF

Sweet and Smoky Chicken Skewers

with cilantro-lime pesto and apple slaw

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up! Honey** is used twice. Half is added to **marinade** and remaining is used in **slaw dressing**.
- **Heads Up! Lime juice** is used twice. 2 tsp. is added to **slaw dressing** and 1 tsp. is added to **cilantro-lime pesto**.
- **Heads Up! Lime zest** is used twice. 1 tsp. is added to **cilantro-lime pesto** and pinch used as **garnish**.

FROM THE CHEF

Natural sugars in honey will help char chicken skewers quickly. Turn skewers regularly to char evenly.

Did you know...

Smoked paprika is a specialty of Spain, where ripe red chile peppers are dried slowly, according to tradition, over smoldering oak fires for upwards of two weeks. This gives them a smoky taste and aroma before they're ground into a fine brilliant-red powder.



1

Prepare the Ingredients

Zest **lime**, halve, and juice. Mince **cilantro** (no need to stem). Core **apple** and cut into ¼" slices. Stack slices and cut into matchsticks. Coarsely chop **peanuts**. Rinse **chicken breasts** and pat dry. On a separate cutting board, slice each chicken breast lengthwise into thirds, then halve those pieces once more to create 12 long strips. Season both sides of strips with ½ tsp. **salt** and ¼ tsp. **pepper**.



4

Make the Cilantro-Lime Pesto

Combine **cilantro**, **chopped peanuts**, 1 tsp. **lime zest** (reserve a pinch for garnish), 1 tsp. **lime juice**, and 2 Tbsp. **olive oil** in a small mixing bowl.



2

Marinate the Chicken

Combine **half the honey** (reserve remaining for slaw), **paprika**, and 2 tsp. **olive oil** in a medium mixing bowl. Stir and add **chicken strips**. Toss to coat. Thread two pieces of chicken onto each **skewer** and set aside on a plate to marinate.



5

Grill the Chicken

Heat a grill pan or outdoor grill over medium-high heat. Add **chicken skewers** to hot grill and cook until well-charred and chicken reaches a minimum internal temperature of 165 degrees, 3-4 minutes per side.



3

Make the Apple Slaw

Combine remaining **honey**, 2 tsp. **lime juice**, 1 Tbsp. **olive oil**, and a pinch of **salt and pepper** in a medium mixing bowl. Add **slaw mix** and **apple** and toss to combine. Set aside to let flavors marry.



6

Plate the Dish

Place a serving of **apple slaw** on a plate with **chicken skewers** in front. Top skewers with **cilantro-lime pesto** or serve on side. Garnish with reserved **lime zest**.