



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins **PLUS** marinade time

Cook time: 15 mins

Serves: 4

INGREDIENTS

- 1kg chicken thigh fillets
- 1 stalk lemongrass (white part)
- 4-5 cloves garlic,
- 2 spring onions or 1/2 onion
- 5 kaffir lime leaves
- 1 tsp Chinese five spice powder
- 1 tbsp turmeric powder
- 1 tsp dried chilli flakes
- 1 tbsp fish sauce
- 2 tbsp olive oil
- 1 tsp sesame oil (optional)
- 1 tbsp natvia or brown sugar
- 1 tsp salt
- Black pepper to taste

METHOD

- Place lemongrass, garlic, onion and kaffir lime leaves into blender and blend until paste.
- Add all other ingredients and give a quick blend to combine well.
- Cut chicken fillets into 3cm cubes, and place into a plastic bag with mixture.
- Press bag to coat all chicken pieces, and refrigerate for 1-24 hours.
- Thread chicken pieces onto 8 water soaked wooden skewers.
- Line an oven dish with baking paper, arrange skewers in a single layer on the base, and place under grill for 6 minutes, turn and cook for another 5-6 minutes until cooked through.
- Serve with vegetables, salad, cauliflower rice or mashed potato.

NOTE:

- I cook these in my air fryer on 180°C.

CHICKEN SKEWERS **WITH TURMERIC** **AND LIME**

