

# YAKITORI

## INGREDIENTS

- 2 chicken breasts (about 300g each) trimmed of excess fat and cut into 2cm cubes
- 12 bamboo skewers
- 4 spring onions (white and pale green parts only), trimmed and cut into 2cm lengths

### *Marinade*

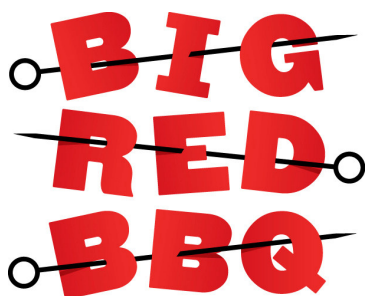
- 1 tablespoon sugar
- ¼ cup sake
- ¼ cup light soy sauce
- 2 tablespoons mirin

## METHOD

1. Mix the marinade ingredients with the chicken in a shallow bowl, cover the plastic film, and marinate in the fridge for 2 hours. Soak the bamboo skewers in water for 1 hour before use to prevent them from burning.
2. Bring the chicken to room temperature by removing from the fridge half an hour before cooking.
3. Thread the chicken and spring onion pieces onto the skewers, reserving the marinade.
4. Cook the skewers on a preheated chargrill over medium heat, brushing now and then with the reserved marinade, until the chicken is cooked through.
5. To serve the marinade as a sauce, bring it to the boil in a small saucepan, simmer for at least a minute, and pour it over the skewers before serving.

Serves 4 as a snack or starter

	Per Serving	Per 100g
Energy	1028kJ	514kJ
Protein	33g	17g
Fat – Total	8g	4g
- Saturated	3g	1g
Carbohydrate - Total	6g	3g
- Sugars	6g	3g
Sodium	665mg	33mg



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