KIKKOMAN

Chicken and spring onion skewers (YAKITORI)

Total time **20 mins** **5 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
501 kJ / 119 kcal

Fat: **4.6 g** Protein: **11.6 g**
Carbohydrates: **7.4 g**

INGREDIENTS

4 portion(s)

200 g	skin-on boneless chicken (e.g. from the leg or breast)
1	spring onion
6 tbsp	Kikkoman Yakitori Sauce - Glaze & Marinade

Or:

4 tbsp	Kikkoman Sauce for Rice - sweet

Or Sauce for chicken and spring onion kebabs:

2 tbsp	brown sugar
2.5 tbsp	mineral water
2.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tbsp	vegetable oil
0.5 tsp	shichimi (or chilli)

PREPARATION

Step 1

Cut the chicken into sizes, e.g. 2.5 cm (weighing approx. 15 g each). Clean and wash the spring onion, then cut into pieces of approx. 3 cm in length.

Step 2

Thread the chicken and spring onion pieces onto skewers alternately (making sure that the parts of the chicken with skin are all facing outwards in the same direction).

Step 3

Heat the vegetable oil in a frying pan and fry the skewers over a medium heat with the skin side facing downwards for approx. 3 minutes (covered with a lid). Turn the skewers over and cook for approx. 1 minute on the other side. Then put them on a plate and keep them warm.

Step 4

Drain the remaining oil from the pan. Pour the yakitori sauce (or the Kikkoman Sauce for Rice) into the pan and heat through. Place the skewers back in the pan and shake it so that they are all completely covered with sauce.

Step 5

Arrange the skewers on a plate, sprinkle with shichimi (or chilli) and serve.

Step 6

Preparation without Kikkoman Yakitori Sauce (or Kikkoman Sauce for Rice / Sucrée):

1. Follow steps 1-3 above. Then drain the remaining oil from the pan. Add the brown sugar and the mineral water to the pan and simmer until the sugar has dissolved. Pour in the soy sauce, bring to the boil and cook until the sauce thickens slightly.
2. Place the skewers back in the pan and shake it so that they are all completely covered with sauce.
3. Arrange the skewers on a plate, sprinkle with shichimi (or chilli) and serve.