JENNI MARIE'S TEST KITCHEN

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Bang Bang Chicken Skewers

Serves 2-3 People

Equipment Needed:

- **1 Medium Mixing Bowl**
- **2 Small Mixing Bowls**
- **Cutting Board & Sharp Knife**
- **2 -12" (or 4 - 6") Bamboo or Metal Skewers**
- **Measuring Cups & Bowls**
- **Grill or Large Air Fryer**
- **Silicone Basting Brush**
- **Dinner Plate**

Directions:

1). Gather all equipment & ingredients. Pat chicken dry, cut into 2" chunks and place in mixing bowl. Add garlic & onion oils, honey, vinegar, paprika, salt, pepper, garlic replacer, and parsley. Mix so all chicken pieces are well coated. Cover and place in fridge for 2 hours, up to overnight.

- ***10-12 oz. Boneless Skinless Chicken Breast***
- ***1 T. (15ml.) Low FODMAP Onion Oil (or plain olive oil & 1/4 t. onion powder)***
- ***1 T. (15ml.) LOW FODMAP Garlic Oil (or plain olive oil & 1/4 t. garlic powder)***
- ***2 T. (42g.) Raw Honey (or hot honey)***
- ***1 t. Vinegar***
- ***1 t. Paprika***
- ***1/2 t. Kosher Salt***
- ***1/2 t. Black Pepper***
- ***1 t. Low FODMAP Garlic Replacer (or 1/4 t. garlic powder)***
- ***1 t. Fresh Parsley***

2). Combine sauce ingredients in a small mixing bowl and whisk until fully incorporated. Cover & store sauce in fridge while chicken marinates.

- ***1/4 C. (56g.) Real Mayonnaise***
- ***2 T. (20g.) Sweet Chili Sauce***
- ***2 t. (6g.) Lime Juice***
- ***1.5 T. (20g.) Sriracha (more or less, to taste)***
- ***1 t. (2g.) Low FODMAP Garlic Replacer (or 1/4 t. garlic powder)***
- ***1 t. Fresh Parsley***
- ***Pinch of salt & pepper***

3). Preheat oven or grill to 375*F. When chicken is done marinating, remove from fridge and place on skewers. Remove sauce from fridge and divide into 2 separate bowls. One will be for brushing on skewers, and one is for extra dipping (if desired). Brush chicken skewers all over with bang bang sauce and put on plate. Place on grill (or in the air fryer), and cook for 15-20 minutes, or until internal temp reaches 165*F. Let chicken rest for a couple of minutes before removing from skewers. Serve with your choice of vegetable, and extra bang bang sauce for dipping. Enjoy!