



# Recipes

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### GRILLED CHICKEN AND SHRIMP SKEWERS

**Serves:** 8

**Total time:** 20 mins, **Prep:** 10 mins, **Cooking time:** 10 mins

#### Ingredients:

- 1-½ tbsp Asian fish sauce
- 1-1/3 tbsp fresh lime juice
- 2 tsp soy sauce
- 1 tsp minced fresh ginger
- 2 tsp(s) agave nectar
- 1 garlic clove (medium) minced
- 6 strips fresh boneless chicken tenderloins
- 6 large peeled and deveined shrimps
- 1 tbsp cucumbers
- 1 tbsp cilantro
- 3 tbsp powder peanut butter
- 1 tbsp water
- 1 tsp jarred curry sauce
- 5 sprays cooking spray
- 3 tbsp Light unsweetened coconut milk

#### Directions:

- To prepare skewers, combine 1 tbsp fish sauce, 1 tbsp lime juice, 2 tsp soy sauce, 1 tsp ginger, 1 tsp agave, and 1 minced garlic clove in a shallow dish
- Marinate chicken tenderloins in marinade in fridge
- When ready to cook place chicken on small skewers
- Skewer 2 shrimps each on the remaining 4 skewers
- Whisk together: 3 tbsp light coconut milk, 3 tbsp peanut butter powder, 1 tbsp water, 1 tsp fish sauce, 1 tsp red curry sauce and 1 tsp lime juice
- Preheat a grill or grill pan to medium high heat and coat with cooking spray
- Cook chicken and shrimp skewers for 3-4 mins per side or until cooked through
- Garnish with optional diced cucumber and fresh cilantro and serve with satay sauce

