

Chicken yakitori *(Meat main dishes)*



Preparation

Take the chicken breast and cut it into 2cm cubes. Transfer to a bowl and marinate for 30 minutes with the soy sauce, a few drops of lime juice and a little of its grated zest. Finely chop up one or more fresh chillies and add the sesame seeds. While the chicken is marinating, make the yakitori sauce. Put one part sake, one part mirin, two and a half parts soy sauce and 5 teaspoons of sugar in a bowl. Heat in a microwave or a saucepan until the sugar has dissolved completely. After 30 minutes of marinating, take the pieces of chicken and put them on some kebab skewers, then sprinkle the skewers of meat with the sesame seeds and chili. Heat a griddle or a frying pan with a flat bottom and grease it with some oil. Now brown the skewers on each side, basting from time to time with the yakitori sauce until they are cooked. Serve piping hot in a dish together with the remaining sauce.

Tips

Don't overdo the chilli: the kebabs should be spicy and aromatic, but not too hot. If you make them relatively mild you'll also be able to give them to your children! Another tip: why not plan an entire dinner of kebabs? You can accompany your chicken kebabs with ones full of fun vegetables, and finish your dinner with a dessert of colourful fruit and chocolate kebabs. Transform a dinner invitation to one of pure fun!

Trivia

In Japanese cuisine the term Yakitori refers to skewered chicken. In Japan you can find 'standing only' restaurants exclusively defined as "Yakitori", serving mainly chicken - and sometimes pork - in the form of marinated kebabs. The originality lies in the fact that you can choose which part of the animal you prefer, and then design kebabs consisting of just thigh, drumstick, breast or whatever.

Information

Preparation 45 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Chicken breast 500 grams

Chilli

Sesame seeds

Lime

Brown sugar (For the Yakitori sauce)

Soy sauce (For the Yakitori sauce)

Mirin rice wine (For the Yakitori sauce)

Sake (For the Yakitori sauce)