

Skewered Meat Kabob

Show: Oct 27th

Ingredients: 2 servings

4 cubes uncooked chicken breast
(about 3/4" cubes)

For the fruit:

Pre-heat oven to 350°F.

Strip the flowers and leaves from the bottom 5-6 inches of the Korean Mint stalk. (This can also be done with Rosemary stalk or with lamb instead of chicken).

Skewer the cubes of chicken onto it.

Place in oven for about 12-18 minutes until done to your liking. Serve hot or cold.

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