

Teriyaki Chicken Skewers



Ingredients:

2 lbs. chicken thighs or breasts, cut into 1-inch cubes
2 tablespoons cornstarch
1 cup water
1/3 cup brown sugar
1/3 cup low sodium soy sauce
2 cloves garlic, minced
1 tablespoon rice vinegar
1/2 tablespoon fresh ginger, minced
1 tablespoon honey
1/2 teaspoon sesame oil
8 skewers (wooden or metal)
Sesame seeds, for garnish

Instructions:

If using wooden skewers, soak them in water for 30 minutes to prevent burning.

In a saucepan, combine water, brown sugar, soy sauce, minced garlic, rice vinegar, ginger, honey, and sesame oil. Stir well and bring to a boil over medium heat.

In a separate bowl, mix cornstarch with a few tablespoons of water to create a slurry.

Add this to the saucepan and whisk until the sauce thickens, about 2–3 minutes.

Remove from heat and let cool slightly.

Place chicken cubes in a large bowl and pour about half the teriyaki sauce over the chicken. Toss to coat evenly, and let marinate for at least 20 minutes (or up to a few hours for deeper flavor).

Preheat grill or broiler to medium-high heat.

Thread the marinated chicken cubes onto the skewers, leaving a little space between each piece for even cooking.

Grill or broil skewers for 4–5 minutes per side, brushing with extra teriyaki sauce as they cook. Cook until the chicken is golden and cooked through.

Transfer skewers to a plate, drizzle with remaining sauce, and finish with sesame seeds and chopped green onion.

Serve hot and enjoy!