



## Seoul BBQ Chicken & Fruit Kabobs

### Serves 4

1 1/2 Chicken Breast, Cut into Thin Slices

2 Tbsp **Seoul City BBQ**

3 Tbsp Canola Oil

Wood or Metal Skewers

1/2 Fresh Pineapple Pieces

2 Mangoes, Sliced into Chunks

1 Red Onion, Thickly Sliced

Romaine Lettuce, Chopped

Asian Dressing of Choice

or

Mix 1 Tbsp **Seoul City BBQ** with 1/3 Cup Rice Wine Vinegar and 1/2 Cup Canola oil to  
To Make Your Own

### Preparation:

If you are using wooden skewers, submerge them in cold water for 30 minutes before using on the grill. This prevents the skewers from catching on fire.

Preheat the grill to medium high. Place your sliced chicken breasts into a bowl and add the canola oil and **Seoul City BBQ** and mix well to distribute. Thread your chicken onto the skewers making sure not to crowd the pieces to ensure even cooking!

Sprinkle a little more seasoning on your sliced onion and fruit. Skewer them separately as not to get raw chicken liquids on your fruit.

Preheat grill to medium-high.

Depending on the thickness of your chicken, grill around 5 minutes per side. Careful when grilling the fruit as the sugar in the fruit will caramelize and get dark in spots. The the meat rest for a few minutes before slicing, if needed.

Toss you lettuce with your dressing. Remove chicken, onion and fruit from skewers and place on top of dressed salad. I topped the salad with some Chinese Crunchy Noodles in lieu of croutons.

This was really flavorful and wonderful for the hot weather!