RECIPE | PEPPERS



TROPICAL MEATBALL & PEPPER SKEWERS

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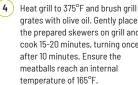
Recipe created by Laura Ashley Johnson

For the kabobs: S NGREDIENT 11b Pure Flavor® Aurora Bites Mini Sweet Peppers 11b ground chicken 1 small red onion, cut into large pieces 1 eqq

1/2 fresh pineapple, cut into 1-inch pieces

3/4 cup butter crackers, crushed 1 tbsp olive oil 1/2 tbsp soy sauce 1 tsp sesame oil 1 tsp garlic powder 1/2 tsp onion powder 1/2 tsp around ainaer 1/4 tsp black pepper Metal skewers

- For the glaze:
- 1/2 cup pineapple juice 1/4 cup brown sugar 2 tbsp rice wine vinegar
- 2 tbsp sov sauce
- 1 tbsp cornstarch





1hr 5 min

40 min 25 min



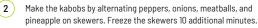
easy

DIRECTIONS

1

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In a large bowl, combine ground chicken, crackers, egg, soy sauce, sesame oil & spices and mix well. Scoop and roll the mixture into 2-inch meatballs, then lay on a parchment paper linked sheet pan. Freeze the meatballs for 20 minutes.



In a small saucepan over medium-high heat, whisk together all glaze ingredients. Bring to a boil, then reduce heat to low and allow the mixture to simmer & thicken for 2-3 minutes.

the prepared skewers on grill and cook 15-20 minutes, turning once

5 Brush half of the glaze generously over the kabobs in the last minute of cooking.

6 Remove the skewers from the grill and brush the remaining glaze on top. Serve as is or over rice, pasta, or your favorite whole grain.