



RECIPE | PEPPERS

TROPICAL MEATBALL & PEPPER SKEWERS



1hr 5 min

40 min
PREP.

25 min
COOKING



4



easy

INGREDIENTS

Recipe created by *Laura Ashley Johnson*

For the kabobs:

- 1 lb** Pure Flavor® Aurora Bites Mini Sweet Peppers
- 1 lb** ground chicken
- 1** small red onion, cut into large pieces
- 1** egg
- ½** fresh pineapple, cut into 1-inch pieces
- ¾ cup** butter crackers, crushed
- 1 tbsp** olive oil
- ½ tbsp** soy sauce

1 tsp sesame oil

1 tsp garlic powder

½ tsp onion powder

½ tsp ground ginger

¼ tsp black pepper

Metal skewers

For the glaze:

½ cup pineapple juice

¼ cup brown sugar

2 tbsp rice wine vinegar

2 tbsp soy sauce

1 tbsp cornstarch



DIRECTIONS

- 1** 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 lined sheet pan. Freeze the meatballs for 20 minutes.
- 2** Make the kabobs by alternating peppers, onions, meatballs, and pineapple on skewers. Freeze the skewers 10 additional minutes.
- 3** 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.
- 4** Heat grill to 375°F and brush grill grates with olive oil. Gently place the prepared skewers on grill and cook 15-20 minutes, turning once after 10 minutes. Ensure the meatballs reach an internal temperature of 165°F.
- 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.

PURE-FLAVOR.COM

