

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/thai-yogurt-marinated-grilled-chicken-skewers>

Thai Yogurt-Marinated Grilled Chicken Skewers

Prep time: 30 minutes

Servings: 4

Yogurt marinades have quickly become our favorite cooking hack. Start with a yogurt, salt, pepper, and olive oil base and then build it any way you like. For this recipe, we used our plain whole milk yogurt and mixed in a flavorful combination of ginger, cardamom, and curry powder for a Thai-inspired meal. Top it off with a decadent yogurt peanut sauce and enjoy!

Green Valley Creamery

Ingredients

Marinade:

3 lbs skinless, boneless chicken breasts (or thighs), cut into 1-inch cubes

2 cup Green Valley Creamery Plain Whole Milk Yogurt

¼ cup soy sauce

3 Tbsp. firmly packed dark brown sugar

2 Tbsp. fresh lime juice

2 Tbsp. extra virgin olive oil

1 Tbsp. curry powder

2 garlic cloves, minced

1 tsp. fresh ginger, finely minced

1/2 tsp. ground cardamom

Peanut Yogurt Sauce for serving:

¾ cup Green Valley Creamery Plain Whole Milk Yogurt

¼ cup creamy peanut butter

2 Tbsp. firmly packed dark brown sugar

1 Tbsp. soy sauce

1 ½ tsp. red curry paste

Optional: assortment of vegetables to add to skewers for grilling.

Instructions

1. Soak the skewers in ice-cold water for 15 minutes to prevent them from burning; then set them aside.
2. In a medium bowl, whisk all the marinade ingredients. Add the chicken to the mixture and massage the meat with your hands to coat the cubes with the marinade thoroughly. Cover the bowl with plastic wrap and place in the refrigerator for at least 1 hour or as long as overnight.
3. Spray a grill rack with nonstick cooking spray and set the heat to medium high or use a grill pan. While the grill is heating up, thread the chicken and vegetables onto each skewer. When the grill is ready, cook the chicken for 8 to 10 minutes, turning the skewers over halfway through. Remove the skewers from the grill and allow to rest for a few minutes before serving.
4. To make the peanut yogurt sauce, combine the yogurt, peanut butter, brown sugar, soy sauce, and red curry paste in a small bowl. Use to top or dip skewers.