



Chicken Yakitori

Ingredients:

- 2 boneless, skinless chicken breasts (cut into 1 inch cubes)
- 1/4 cup soy sauce
- 2 tablespoons mirin or sake
- 2 tablespoons sugar
- 1 tablespoon vegetable oil

Instructions:

1. In a medium bowl, whisk together the soy sauce, mirin or sake, sugar and oil until combined. Add the cubed chicken to the bowl and mix well to coat all of the pieces in the marinade. Cover with plastic wrap and let sit for at least 30 minutes in the refrigerator.
- 2.. Place a single layer of chicken on a microwave safe plate lined with parchment paper or wax paper. Microwave on high for 3 minutes then flip over each piece of chicken so that it cooks evenly on both sides. Cook for another 3 minutes or until cooked through and no longer pink inside when cut into one of the larger pieces with a knife tip.
3. Serve warm as is or over steamed rice with your favourite vegetables!

Chicken Yakitori is a Japanese dish made of bite-sized pieces of chicken meat grilled and skewered on bamboo sticks. The chicken used for the dish is usually skinned, boneless chicken thigh or breast that has been marinated in teriyaki sauce or a combination of soy sauce, mirin (a sweet rice wine) and sugar. The skewers are typically cooked over charcoal fire, giving them an added smoky flavour. Chicken Yakitori can be served as an appetiser or main course with vegetables such as bell peppers, mushrooms and onions also grilled alongside the chicken skewers. It is often accompanied by other dishes such as miso soup and pickled vegetables to make up a full meal.



