



## BBQ Sesame-Crusted Chicken Skewers

WITH AVOCADO & COS LETTUCE



### INGREDIENTS

#### Marinade

3 tbsp Plenty "Heart Smart" Safflower Oil  
3 tbsp soy sauce  
20g garlic, chopped finely  
1 large chilli, seeds removed, finely chopped (optional)  
1 tbsp sesame seeds  
1/2 cup mint, roughly chopped  
500g chicken tenders  
2 small lettuce heads (butter, gem or similar), leaves washed & picked  
1 avocado, sliced

#### Grill Dressing

2 tbsp soy sauce  
4 tbsp honey  
2 tsp sesame seeds  
2 tbsp Plenty "Heart Smart" Safflower Oil

**Serves 4-6 as an entree**

**Complexity - easy**

**20 minutes prep**

**2 hours marinate**

**15 minutes cook**

#### Salad Dressing

2 tbsp Plenty Avocado Oil  
1 tbsp apple cider vinegar  
1 tsp mustard (any kind)  
1/2 teaspoon of salt or to taste  
1/4 cup mint leaves, roughly chopped

### METHOD

1. Whisk together marinade in a large bowl, add chicken and fold through gently, making sure all the meat is coated evenly. Cover and refrigerate for 2 hours, or up to overnight.
2. Soak a bunch of bamboo skewers in water for 30 minutes, then thread a piece of chicken onto each skewer, enough to finish the marinated batch. Mix grill and salad dressings in separate bowls or jars and set aside.
3. Then, on a hot grill pan or BBQ, cook skewers for about 5 minutes on each side until just cooked through. Brush with grill dressing as each one comes off the heat, then plate onto a large serving dish and set aside.
4. While the skewers are cooking, plate lettuce leaves with a slice of avocado onto the center of each, (like little lettuce cups) onto a large serving plate and drizzle with salad dressing.
5. Serve skewers and lettuce cups together and encourage people to make little lettuce cup wraps by layering the skewer to the center of the lettuce and avocado, then removing the skewer and folding lettuce around the chicken.

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<https://www.plentyfoods.com.au/where-to-find-plenty-oils/>