

Sabai's Chicken Satay

Ingredients

¼ cup Soy sauce

¼ cup Orange juice

2 Tablespoons Sugar

1 Tablespoon Fresh garlic, minced

1 Tablespoon Sesame oil

1 teaspoon Ground black pepper

1 pound Boneless, skinless chicken thighs

Wooden skewers

1 Tablespoon canola oil

Instructions

1. In a medium bowl combine the soy sauce, orange juice, sugar, garlic, sesame oil and black pepper. Stir until the sugar is dissolved. Set aside.
2. Cut each chicken thigh into three strips. Thread each strip of meat onto a wooden skewer and place into a shallow baking dish. Pour in the marinade, pushing the skewers around to submerge as much of the chicken as you can. Cover and refrigerate overnight.
3. Heat a large sauté pan or griddle pan over medium high heat and add the canola oil. A few at a time, lay the skewers in the pan and cook for 3-4 minutes, or until well browned. Turn the skewers over and continue cooking for 3-4 minutes or until cooked through. The best way to check is with a thermometer – it should read 165F or higher. If the chicken is getting too dark, turn the heat down.