



# Riverland Family Farms

## 2022 CSA, Week 17



•Fennel *each*

•Scallions *bunch*

•Italian Kale *bunch*

•Canadice Grapes *1 lb*

•Beets *bunch*

•Parsley *bunch*

•Red Bell Pepper *2 each*

•Spinach *½ lb bag*

•Zucchini *2 or 3*



### Honey + Turmeric Chicken Kebabs with Pineapple

Serves 4

**For the marinade:**

- ◇ ¼ cup fresh lime juice
- ◇ ¼ cup extra virgin olive oil
- ◇ 8 garlic cloves, peeled and grated
- ◇ 2 tbsp honey
- ◇ 2 tsp ground black pepper
- ◇ 2 tsp ground coriander
- ◇ 2 tsp red chili powder
- ◇ 2 tsp ground turmeric
- ◇ 2 tsp fine sea salt

**For garnish:**

- ◇ 2 Tbsp cilantro leaves
- ◇ 1 lime cut into quarters

**For the kebabs:**

- ◇ 1 ½ lb boneless, skinless chicken breast cut into 1 in cubes
- ◇ 1 lb ripe pineapple
- ◇ 1 large red onion
- ◇ 1 medium green bell pepper
- ◇ 1 medium red bell pepper
- ◇ 1 medium yellow bell pepper
- ◇ 4 Tbsp extra virgin olive oil
- ◇ ½ tsp ground black pepper
- ◇ Fine sea salt



Source: *The Flavor Equation*, by Nik Sharma

To prepare the marinade, combine the lime juice, olive oil, garlic, honey, black pepper, coriander, chili powder, turmeric, and salt in a small bowl.

To prepare the kebabs, pat the chicken dry with clean paper towels, and place in a resealable bag. Pour the marinade into the bag, seal and shake to coat the chicken well. Let the chicken marinate in the refrigerator for at least 4 hours, preferably overnight. When ready to grill, remove the bag from refrigerator and let the chicken come to room temperature for at least 15 minutes.

Cut the pineapple, onion, and bell peppers into quarters and place them in a large bowl. Add 2 Tbsp of olive oil and black pepper. Season with salt and toss to coat evenly.

Thread a skewer with the onion, bell peppers, and pineapple, alternating with the marinated pieces of chicken. Pour the leftover marinade over the kebabs.

Heat the grill over medium heat and oil the grates with a little bit of the remaining oil. Cook the kebabs in batches, turning and basting with the reserved marinade and remaining oil. The kebabs will be ready when the vegetables and chicken are thoroughly cooked and tender, appearing browned and charred in spots, and the internal temperature of the chicken reaches 165F, 10 to 12 minutes. If some kebabs start to cook before the others, move them to the cooler part of the grill to continue cooking. Transfer the kebabs to a plate, cover with a tent of foil, and let cool slightly, 2 to 3 minutes, before serving. Garnish with cilantro and serve with lime wedges on the side.