



Bang Bang Chicken Skewers



prep time
10 minutes



total time
25 minutes



servings
3-4

Ingredients

- 1 pound/450 grams Boneless, skinless Chicken Thighs ~ 13 protein servings
- 3 tbsp Mayo ~ 2/3 fat serving
- 3 tbsp Sweet Chili Sauce ~ 2/3 carb serving
- 3 tbsp Sriracha
- 1 tsp Paprika
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Salt
- Skewer Sticks
- Lime Juice

Instructions

- 1 Cut Chicken Thighs into 1 inch cubes & Add to a Bowl
- 2 Marinate Chicken with 2 tbsp Mayo, 2 tbsp Chili Sauce and all seasonings
- 3 Mix & Coat each Piece of Chicken
- 4 Load Skewer Sticks with Chicken
- 5 Add Chicken to Air Fryer & Cook 400° for 12-15 minutes, flipping halfway.
- 6 Prepare Extra Sauce for Coating (1 tbsp Mayo, 1 tbsp Sweet Chili Sauce, 1 tbsp Sriracha)
- 7 Coat Chicken Skewers in Sauce
- 8 Serve Warm with **Coconut Rice** & Cilantro (Optional)



*Oven and Grilling Instructions:

Do not brush the chicken with bang bang sauce until **AFTER** baking or grilling the skewers.

Oven: Cook at 400°F for 20-25 minutes, flipping halfway through.

Grill: Grill over medium-high heat for 8-10 minutes per side.

Whole Recipe Breakdown:

13 Servings Protein
2/3 Serving Carb
2/3 Serving Fat
0 Serving Veggies