

Marinated chicken thighs skewers with vegetables on a bed of rice

Soak sticks in water at least 10 minutes before cooking.

- 1 garlic clove, chopped
- 2 cups parboiled rice
- 6 skewer sticks of 10 inches
- 650 g chicken thighs cut into cubes
- 1 onion, cut into pieces
- 1 red pepper, cut into pieces
- 1 package of mushrooms, cut in 2



For a better result, marinate chicken the day before.

- 1.** Preheat the oven at 190°C (375°F). For the marinade, in a large bowl, combine syrup, soy sauce, ketchup, oil, mustard and garlic. Reserve $\frac{3}{4}$ cup of marinade in a small container, refrigerate. Place chicken in the rest of the marinade, cover and let marinate in the refrigerator for at least 1 hour.
- 2.** In a medium saucepan, bring to a boil 4 cups of water. Add rice, reduce to low heat and cook for 17 min or until water is absorbed. Season with salt and pepper.
- 3.** Make skewers by alternating chicken, onion, red pepper, and mushrooms. Place skewers on a baking sheet and drizzle with the rest of this marinade. Cook in the oven 20 min, turn skewers halfway through cooking time. To grill skewers, broil 2 min at the end. Monitor closely to avoid burning.
- 4.** Warm reserved marinade. Serve skewers on a bed of rice and drizzle with marinade.



- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{4}$ cup soy sauce
- $\frac{3}{4}$ cup ketchup
- $\frac{1}{4}$ cup évoilà5 extra virgin olive oil
- 2 tbsp. Dijon mustard

évoilà *Bon appétit*