

Curry Chicken Kebabs

Ingredients

- 1 package (6.09 ounces) Near East Rice Pilaf Mix - Original
- 1/3 cup currants or raisins
- 1/4 cup sliced green onions
- 3/4 cup plain low-fat yogurt
- 2 teaspoons curry powder
- 1/2 teaspoon garlic powder
- 12 ounces boneless, skinless chicken breast halves (about 3), cut into 1-inch pieces
- 1 medium red bell pepper, chopped into 1-inch pieces
- 1/4 cup mango chutney or apricot preserves, divided

How to make it

1. Prepare rice pilaf mix according to package directions, except stir in currants and green onions when adding rice.
2. In medium bowl, combine 1/4 cup yogurt, curry and garlic powder; add chicken and toss, coating thoroughly. Discard yogurt mixture.
3. Thread chicken alternately with bell pepper pieces onto 4 skewers. Grill or broil kebabs 4 to 6 inches from heat 3 to 5 minutes. Turn kebabs and grill an additional 3 to 5 minutes, or until chicken is no longer pink inside.
4. Meanwhile, in small bowl, combine 2 tablespoons chutney with remaining 1/2 cup yogurt; set aside.
5. When rice is done, stir in remaining 2 tablespoons chutney. Serve kebabs over bed of rice. Serve with yogurt sauce.



PREP
TIME
15 min



COOK
TIME
25 min



TOTAL
TIME
40 min



SERVING
-

Made with



Near East Rice Pilaf Mix - Original