

## *Turkey Kabobs with peanut sauce - YUMMY!!!!*



This recipe includes a peanut sauce that is from the most fabulous “rebar” restaurant in Victoria, BC. If you don’t live there you can enjoy many of their recipes in their very tasty cookbook

One of my favorite kabob recipes –by marinating the turkey in one container and the pineapple and veggies in another you can allow the taste of the peanut sauce to soak in!

**Peanut sauce** courtesy of Rebar Cookbook (I love their tasty recipes!)

¼ cup smooth natural peanut butter  
2 garlic cloves minced  
1 tbsp ginger minced  
2 tbsp honey  
¼ cup minced cilantro leaves  
Juice of 1lime  
1 tbsp sesame oil  
1 tsp sambal oelek  
¼ cup sesame sauce  
2 tbsp rice wine vinegar

- 1) In the bowl of a food processor or blender add all of the ingredients from the garlic through to the sambal oelek. Blend until smooth. Add the remaining ingredients, blend and season to taste

**The kabob** – if you are using wooden skewers ensure that you soak them in water for a minimum of 30 mins before setting them on the bbq to avoid a fire hazard!



Cut up turkey breast into 1 inch pieces  
Cut up 2 zucchini into ¼-1/2inch rings  
Cut pineapple into 1/2- 1 inch pieces  
Scrub Mushrooms- try to keep them a uniform size to ease cooking  
Marinate for 30-60mins in ½ of peanut sauce

BBQ until turkey is cooked through, serve over basmati rice and serve with a side salad – Bon Appetite! And of course you can vary up your veggies and use chicken instead of turkey - but above all enjoy your food!

