

# TARRAGON MUSTARD CHICKEN SKEWERS

## INGREDIENTS

- ¼ cup fresh tarragon leaves - finely chopped
- ¼ cup dijon mustard
- ¼ cup fresh lemon juice and lemon halves - for grilling and serving
- 2 tbsp. Ideal Protein Maple syrup
- 1 tbsp. extra-virgin olive oil
- 2 medium cloves garlic - minced
- Salt and freshly ground black pepper
- 2 lbs boneless, skinless chicken breasts/thighs - cut into 1½-inch chunks



## PREPARATION

1. In a large bowl, whisk together tarragon, mustard, lemon juice, Maple Syrup, olive oil, and garlic. Season with salt and pepper.
2. Toss the chicken in the marinade and coat fully. Cover and refrigerate for at least 1 and up to 4 hours.
3. Setup grill and while it is heating up, remove chicken from marinade and thread onto skewers. Discard the marinade.
4. Grill skewers over high heat until chicken has cooked through, for about 3 minutes on each side (about 12 minutes total).
5. Meanwhile, grill the lemon halves, cut side down - until lightly charred.
6. Transfer chicken skewers to a platter and serve warm with the grilled lemons. Enjoy!

