

South African Sosaties - Bold & Juicy Grilled Chicken Skewers

Sosaties (South African Chicken Skewers) ??



TIME
15 min

TEMP
165°F

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Recipe Card

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INGREDIENTS

- 1 lb chicken breast, cubed
- 2 bell peppers, cut into chunks
- 1 large onion, cut into wedges
- 8 oz mushrooms
- 1/2 cup apricot jam
- 1/4 cup apple cider vinegar
- 2 tbsp olive oil
- 2 tsp curry powder
- 1 tsp ground turmeric
- Salt and pepper, to taste

Instructions:

Tips for Success:

Soak wooden skewers: If using wooden sticks, soak them in water for 30 minutes to prevent burning.

Add dried apricots: For an extra nod to South African tradition, thread in a few dried apricot halves.

Use thighs if preferred: Chicken thighs stay juicy and absorb marinade beautifully.

Baste for extra flavor: Brush with reserved marinade during grilling for a sticky finish.

What to Serve With Sosaties:

A side of Sheet Pan Quesadillas for a fun, fusion-style feast

A light salad like our No-Mayo Chicken Salad

Blueberry Lemonade to cool off the spice

Or just some buttery garlic rice and grilled naan to keep it simple and satisfying

Storage & Leftovers:

Store: Leftover sosaties can be refrigerated for up to 3 days.

Reheat: Warm gently in a skillet or microwave.

Repurpose: Use leftover chicken in wraps, salads, or grain bowls for a flavorful twist.

More Recipes You'll Love:

Sheet Pan Quesadillas

Cajun Chicken Sausage Gumbo

A Light Tangy Chicken Salad (No Mayo!)

Easy Turkey Wings

Blueberry Lemonade

Final Thoughts:

DIRECTIONS

1. **1. Make the Marinade:**In a medium bowl, whisk together the apricot jam, apple cider vinegar, olive oil, curry powder, turmeric, salt, and pepper.
2. **2. Marinate the Ingredients:**Add cubed chicken, bell peppers, onion, and mushrooms to the marinade. Toss until everything is coated. Cover and refrigerate for at least 2 hours (or overnight for deeper flavor).
3. **3. Assemble the Skewers:**Thread marinated chicken and vegetables onto skewers, alternating for color and variety.
4. **4. Grill:**Preheat your grill to medium-high heat. Grill the sosaties for 12-15 minutes, turning occasionally, until the chicken is cooked through (165°F internal temp) and the veggies are charred and tender.
5. **5. Serve:**Serve immediately, garnished with fresh herbs or a squeeze of lemon, if desired.
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9. **Baste for extra flavor:** Brush with reserved marinade during grilling for a sticky finish.
10. **What to Serve With Sosaties:** These skewers shine on their own but pair beautifully with:
11. **A side of :** Sheet Pan Quesadillas for a fun, fusion-style feast
12. **A light salad like our :** No-Mayo Chicken Salad

13. Blueberry : Lemonade to cool off the spice
14. Or just some buttery garlic rice and grilled naan to keep it simple and satisfying
15. Storage & Leftovers: Store: Leftover sosaties can be refrigerated for up to 3 days.
16. Reheat: Warm gently in a skillet or microwave.
17. Repurpose: Use leftover chicken in wraps, salads, or grain bowls for a flavorful twist.
18. More Recipes You'll Love: If you're into flavor-packed, crowd-pleasing dishes, try these next:
19. Sheet : Pan Quesadillas
20. Cajun : Chicken Sausage Gumbo
21. A Light : Tangy Chicken Salad (No Mayo!)
22. Easy : Turkey Wings
23. Blueberry : Lemonade
24. Final Thoughts: Whether you're exploring South African flavors for the first time or looking for a grill-friendly dish with serious flair, Sosaties are the way to go. Sweet, spicy, and flame-kissed-this recipe is built for sunny afternoons and full plates.
25. Made it? Let us know how it turned out by tagging @ChefManiac or dropping a comment. Your taste buds will thank you. ??

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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