

SATAY CHICKEN



QUICK

About 8 minutes
prep time

HEALTHY

Peanut butter is rich in Vitamin B3 (niacin) which helps cells develop and produce energy.

FAMILY

Makes 20
skewers

MEALS

Delicious served with
noodles and green
vegetables

INGREDIENTS

- 50 ml soy sauce
- 100 - 200 ml water
- 120g peanut butter (smooth or crunchy)
- 1 kg chicken breast or thighs

UTENSILS

- 20 Bamboo skewers

METHOD

- 1) Soak the skewers in water so they don't burn
- 2) Mix soy with water in a jug
- 3) Put the peanut butter into a large bowl
- 4) Slowly mix the soy/water mix into the peanut butter
- 5) It should be a smooth-ish paste. If it's too dry, add more water
- 6) Slice your chicken into fingers
- 7) Add the chicken to the peanut mix
- 8) Marinade overnight if you have time
- 9) Thread the chicken onto the skewers. This is the most fiddly bit but you can do about 3 per minute or leave this out and just cook in a large dish
- 10) Cook at 180°C for approx. 15 mins. Check cooked through
- 11) Enjoy

