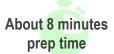
SATAY CHICKEN



QUICK

HEALTHY

MEALS



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



FAMILY

Delicious served with noodles and green vegetables

INGREDIENTS

- 75 ml soy sauce
- 50 100 ml water
- 140g peanut butter (smooth or crunchy)
- 1 kg chicken breast or thighs
- Optional add a minced garlic clove, 2 cm freshly grated ginger and/or ½ finely diced chilli
- 20 Bamboo skewers

METHOD

- If using 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
- Slowly mix the soy/water mix into the peanut butter
- 5) It should be a smooth-ish paste but sticky. If it's too dry, add more water/soy
- 6) Slice your chicken into 'fingers'
- 7) Add the chicken to the peanut mix
- 8) Marinade overnight if you have time but not necessary
- 9) Thread the chicken onto the skewers or leave this out and just cook in a large dish
- Cook at 180°C for approx.15 mins. Check cooked through
- 11) Enjoy





To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com