

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

- 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

- 1) 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
- 4) 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
- 10) Cook at 180°C for approx. 15 mins. Check cooked through
- 11) Enjoy

