



MISS POLLY'S KITCHEN CHICKEN SATAY

This satay chicken recipe makes for an easy and healthy meal

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A homemade peanut satay sauce has myriad uses; eat with steamed vegetables and tofu, add to a sandwich or use as a dipping sauce for rice paper rolls.

This recipe from Miss Polly's Kitchen takes juicy chicken skewers, marinated and coated in a fragrant satay sauce, and serves them alongside rice and salad for a healthy and delicious meal.

Chicken satay recipe

Serves 5 people

Ingredients:

Chicken marinade

10 chicken thighs (roughly 900g-1kg)

1 tsp turmeric

1 tsp sugar

2 cm piece of ginger, grated

3 large garlic cloves, minced

Salt & pepper

Olive oil

12-15 skewers depending on how big you cut your chicken pieces, soaked in water to prevent burning

Salsa

½ cucumber

½ pineapple, remove the core

½ medium red onion

Juice of 1 lime

Coriander

Salt & pepper

Peanut satay sauce

1 tbsp of red curry paste

½ cup of coconut cream (plus 1/3 cup coconut cream for later in the process)

2 tbsp soy sauce

1 tbsp sugar

1/3 cup crunchy peanut butter

Juice of 1 lime

To serve

Rice (2 cups rice cooked with 4 cups of water)

Coriander

Method:

1. Heat the oven to 200°C fan bake.

2. Cut the chicken into large bite-size pieces and toss in all marinade ingredients into a bowl.

3. Put the chicken pieces onto the soaked skewers and bake for 18 – 20 minutes.

4. While the chicken is cooking, cook the rice.

5. Chop all salsa ingredients, mix and add to a serving bowl.

6. In a small pot add the red curry paste and 1/2 cup of coconut cream, cook for a few minutes then add the soy sauce, sugar, peanut butter and the other 1/3 of a cup of coconut cream then lime juice and simmer for another few minutes.

7. Serve chicken skewers with satay sauce, rice, salsa and garnish with lots of coriander.