

Chicken Satay with Peanut Sauce

Serves 4 servings

INGREDIENTS

450 g chicken breasts (boneless, skinless)

3 tbsp creamy peanut butter

10 g ginger

1 clove garlic

½ tsp red curry paste

1 lime

2 tbsp coconut milk

2 tbsp soy sauce

2 tbsp honey

10 g cilantro

3 tbsp sesame oil (divided)

1 tbsp water

1 tsp salt

2 tbsp vegetable oil

1 tbsp sesame seeds



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METHOD

1. Peel ginger and garlic and add to a food processor with curry paste, juice from half the lime, coconut milk, soy sauce, and honey. Process to make a marinade. Cut the other half of the lime into small wedges and set aside for serving. Wash cilantro, chop roughly, and set aside. Cut chicken breast into strips and place in a medium-sized bowl. Pour in just over half of the sauce and some of the sesame oil into the bowl with the chicken. Mix to combine, and cover with plastic wrap. Rest for at least 2 hrs. or overnight in the fridge.
2. Mix the remaining marinade with peanut butter, water, remaining sesame oil, and salt in a small bowl to make the peanut sauce. Add more water if needed to get the consistency you desire.
3. Thread chicken onto skewers. Heat vegetable oil in the Flex pan on 180°C using the frying sensor. Fry skewered chicken on all sides for approx. 10 min. in total, or until chicken is cooked all the way through. Sprinkle with sesame seeds. Serve skewers with peanut sauce, lime wedges, and cilantro. Enjoy!