

# SATAY CHICKEN



Serves 4 | Prep time: 2 hours 10 mins (including marinating time)  
Cook time: 10 mins

## INGREDIENTS

1 cup peanut butter  
1 tbsp peanut oil (extra oil for cooking)  
2 garlic cloves, crushed  
1 long red chilli, finely sliced (optional)  
½ tsp cumin  
½ cup light coconut cream  
Juice from 1 lime  
1 tbsp soy sauce  
1 tbsp kecap manis  
600g chicken strips  
Rice and Asian vegetables to serve

## METHOD

1. In a mixing bowl, add the satay ingredients and combine well. Set aside half the mixture.
2. Place the remaining satay sauce in a large bowl and add chicken and toss to combine – place in the fridge for 2 hours to marinate.
3. Heat oil in a frying pan on medium heat. Add the chicken and cook for 6–8 minutes or until golden brown and cooked through.

Serve with rice and Asian vegetables.



THE NUTRITION GUY

## NUTRITION TIP

Peanuts are nutrition dynamos. They are packed full of protein, fibre, iron and heart-healthy fats.