

Chicken satay skewers with peanut sauce



Preparation
Time



Cooking
Time



Serves



Ingredients:

- 500g chicken thigh fillets, chopped into bite-size pieces
- 100mL can coconut cream
- 100g peanut butter
- 2 garlic cloves, finely chopped
- 2 teaspoons soy sauce
- 1 tablespoon peanut oil

Peanut sauce:

- 2 garlic cloves, finely chopped
- ½ cup peanut butter
- 300mL coconut cream
- ½ teaspoon soy sauce
- Juice of 1 lime
- ¼ cup roasted peanuts, chopped

Method:

- Soak skewers in a bowl of cold water until ready to use.
- Place the chicken in a bowl with combined coconut cream, peanut butter, garlic and soy sauce. Cover with cling wrap and refrigerate for 20 minutes.
- Thread the marinated chicken onto skewers (discard the rest of the marinade).
- Heat the peanut oil in a fry pan over medium heat. Add skewers and cook for 10 minutes, turning once or until cooked through.
- Combine peanut sauce ingredients except peanuts in a food processor and pulse until smooth.
- Serve skewers with peanut sauce and sprinkled with peanuts.

Do you like this recipe? You might be interested in more recipes developed by Amie Harper, food and nutrition expert – www.thinkpei.com.au

Nutrition:

	Per serve (4 serves total)	Per 100g
Energy	3800kj	1100kj
Protein	42g	13g
Fat total	75g	22g
Saturated fat	28g	8g
Monounsaturated fat	36g	11g
Polyunsaturated fat	7g	2g
Trans fat	0.4g	0.08g
Very long chain N3 fatty acids	0.03g	0.01g
Carbohydrates	15g	4g
Sugars	10g	3g
Fibre	7g	2g
Sodium	610mg	180mg

Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.

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Call: 1800 314 527. CRE-2022-0453. SHOW1423b. Date of preparation: May 2022.