

Best ever Chicken Satay



Serves	Prep Time	Cooking	Total Time	Calories
4 people				468 kcal

Stuff that's in it:

- 1 Tsp Medium Curry Powder
- ½ Tsp Ground Cumin
- 2 Tsp Turmeric
- 3 Fresh Chillies (Chopped And Deseeded)
- 2 Garlic Cloves (Chopped Finely)
- 1 Small Cube Ginger (2Cm) (Sliced Finely)
- Small Bunch Fresh Coriander
- 6 Tbsp Crunchy Peanut Butter
- 30Ml Low Salt Soy Sauce
- 6 Spring Onions (Sliced)
- 4 Limes
- 1 Pack Skinless Boneless Chicken Thighs
- 25G Peanuts
- 40Ml Groundnut Oil

What you do:

Heat a pan and warm up the cumin, turmeric and curry powder until you can smell the aromas.

In a blender , add the spices along with the chilli, garlic, ginger and fresh coriander, then add the spring onions (green part) peanut butter, soy sauce, juice and zest of 3 limes and a dash of water, blitz to a fine paste.

Chop the chicken into cubes and add around half the sauce to them and Marinate for as long as possible, preferably overnight

Best cooked by threading onto skewers and grilling for around 12-15 mins all over until cooked through.

Serve with the remaining sauce, salad and lime wedges

Nutrition

- Carbs: 12g
- Fat: 30g
- Protein: 35g

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