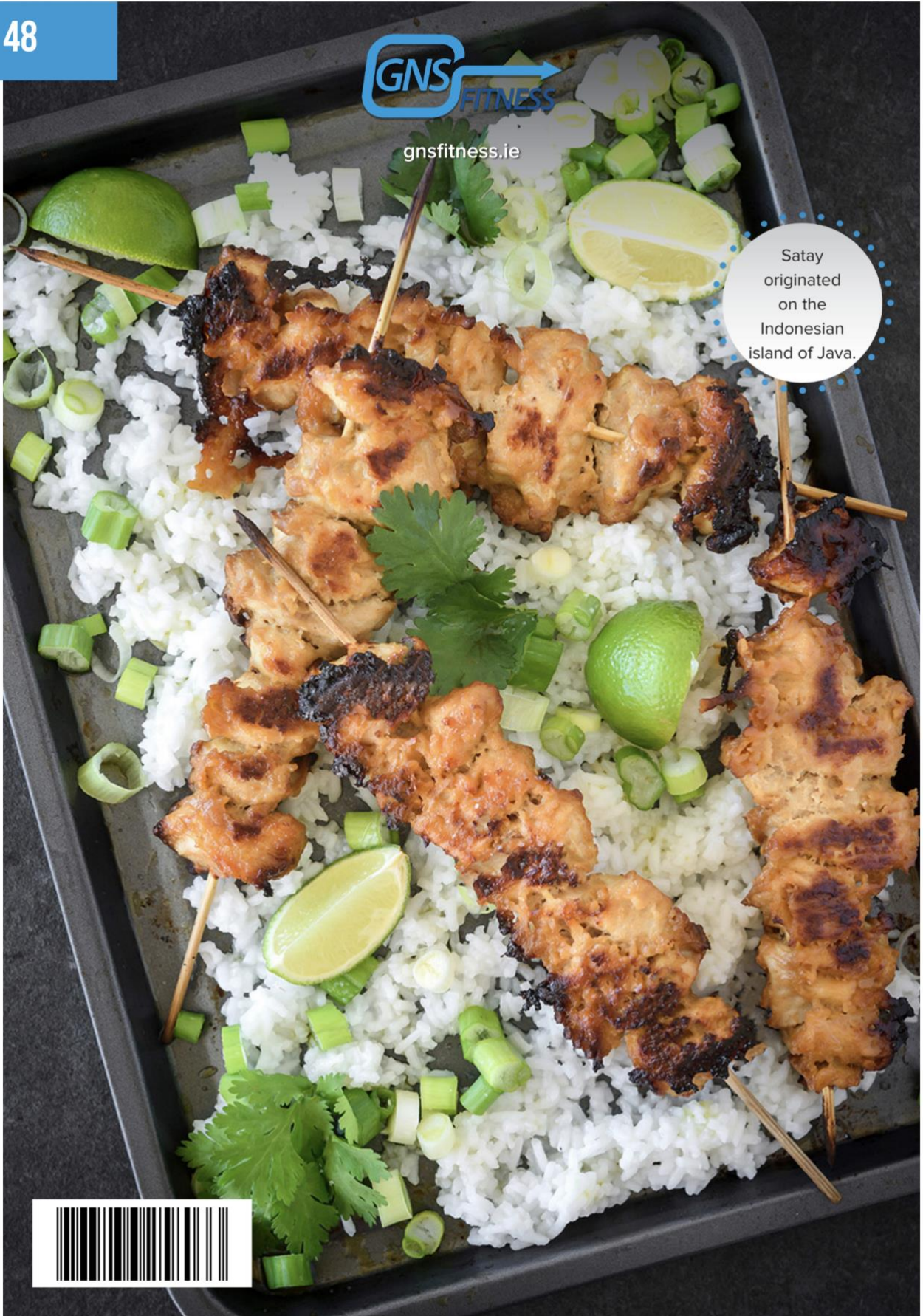




gnsfitness.ie

Satay originated on the Indonesian island of Java.



CHICKEN SATAY

SERVES: 6

TOTAL TIME: 1 HOUR

INGREDIENTS

Sunflower or peanut oil

2 **onions**, sliced

4 **garlic cloves**, sliced

Fat piece **fresh ginger**, grated

1 **red chilli**, sliced

100g **crunchy peanut butter**

100g **natural yoghurt**

2 tbs **soy sauce**

4 free-range **chicken breasts**, chopped into bite-size pieces

Lime wedges for squeezing

INSTRUCTIONS

Season the onions with salt, then fry in the oil for 5-6 minutes over a medium-high heat stirring, until starting to soften and catching a little.

Reduce the heat and add the garlic, ginger and chilli. Fry for a further 3 or 4 minutes, then set aside on a plate to cool.

Once cooled add the mixture to a food processor with the peanut butter, natural yogurt and soy sauce, then blend to form a coarse paste. Put in a large mixing bowl, then coat the chicken in and coat thoroughly. Leave to marinate for at least 30 minutes.

Pre heat your grill to high.

Thread the marinated chicken onto skewers and put on a foil-lined baking tray. Grill for 8-10 minutes, without turning, until the chicken is cooked through and any marinade is golden brown.

Scatter with peanuts, coriander and spring onions and serve with lime wedges and steamed basmati rice.

MACROS PER PORTION

CALORIES	281	PROTEIN	35
CARBS	7	FATS	13
FIBRE	3		

