

CHICKEN SATAY

INGREDIENTS

400g free range chicken breast fillet

Marinade for chicken

- 1 tbsp light soy sauce
- 1 tbsp sugar
- 1 tbsp honey for basting

Ground marinate ingredients

- 3 medium size onions
- 1 clove garlic
- 4 stalk lemon grass
- 2 cm ginger
- ¼ tbsp turmeric powder
- 1 tbsp chopped galangal
- 1 tbsp coriander powder

Satay Sauce - Ground ingredients in grinder

- 2 tbsp tamarind juice
- 2 tbsp crush chillies
- 1 tbsp soft brown sugar
- 200 gm crushed peanuts (peanut butter with no added salt or sugar)
- 125 ml water
- 2 tbsp light coconut milk
- 1 tbsp olive oil
- 2 medium onions

METHOD

1. Cut chicken fillets into cube strips. Mix all marinade ingredients in a bowl. Place chicken strips in the marinade and stir well so that the strips are well coated. Place the strips in a plastic container, cover and refrigerate for several hours or preferably overnight.
2. Thread the marinated strips of meat through satay skewers. Arrange the skewers on a heated grill until meat is evenly browned on both sides based with honey and olive oil.
3. For the satay sauce, heat oil in a wok and fry the ground ingredients until the oil rises to the top.
4. Add water. Bring to a boil, and then simmer the mixture until the gravy turns thick. Add the coconut milk continue an extra five to six minutes. The sauce is ready for serving. Serve satay immediately.
5. Serve with cut cucumber, onion and compress rice

Serves 6

	Per Serving (190g without rice and cucumber)	Per 100g
Energy	1629	856
Protein	24.6	13
Fat – Total	25	13
- Saturated	5.7	3
Carbohydrate - Total	14.5	7.6
- Sugars	12.5	6.5
Sodium	170	89



Supporting Kidney Health Australia

