



Chicken Satay with Peanut Sauce

Serves 4

Chicken Sate

Ingredients

Chicken Breast	750g cut into 1 x 0.75cm strips
Bird's Eye Chillies	3 – 5 Pureed
Palm Sugar	2 tbsp
Spice Paste for chicken	10g
Salt	Pinch

Sate Skewers

Basting Mix

Spice paste for chicken	20g
Coconut Oil	250ml

Method

1. Combine chicken, chillies, palm sugar, spice past and salt, mix well
2. Skewer chicken with sate skewers, putting 4 strips tightly on each skewer. Cover and leave to marinate for 6 hours in the refrigerator.
3. Meanwhile, prepare basting mix. Combine spice paste with coconut oil and mix well.
4. Grill Sate over the hot charcoal and baste frequently with basting mix until golden brown.
5. Serve with Sate Sauce

Peanut Sauce

Ingredients

Vegetable or peanut Oil	1 tblsp
Garlic Clove	1 finely crushed
Lemon Grass	1 teasp finely chopped
Crunchy Peanut Butter	5 tblsp
Coconut Milk	150ml
Lime	1 juice only
Muscovado or Brown sugar	2 teasp
Chilli Powder	¼ teasp
Oil for brishing	

Method

1. heat the oil in a saucepan and cook the garlic and lemon grass for 2 minutes until softened.

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2. Add the peanut butter, coconut milk, lime juice, chilli powder and sugar, simmer gently for 2-3 minutes until thickened. Keep warm.