

HEALTHY CHICKEN SATAY

RECIPE

☰ Prep: 15 mins

🕒 Cook: 20 mins

🍴 Servings: 4

★ ★ ★ ★ ☆

Ingredients

- ▲ 2 cloves garlic, crushed
- ▲ 1 tsp fresh ginger, grated
- ▲ 3 tsp reduced-salt soy sauce
- ▲ to taste pepper
- ▲ 400 g skinless chicken breast, trimmed of fat, thinly sliced
- ▲ 1 cup rice (uncooked)
- ▲ 2 tbs peanut butter (no added sugar or salt)
- ▲ 1 x 400 g can reduced-fat coconut milk
- ▲ spray olive or canola oil spray
- ▲ 2 onions, diced
- ▲ 2 stalks celery, ends trimmed, thinly sliced diagonally
- ▲ 1/2 head cauliflower, cut into florets
- ▲ 2 tsp curry powder
- ▲ 1 Lebanese cucumber, ends trimmed, thinly sliced diagonally

Method

1. Combine garlic, ginger, soy sauce, pepper and chicken in a small bowl and set aside to marinate.
2. Prepare rice according to packet instructions.
3. Spoon peanut butter into a cup with a splash of the coconut milk, stir well to combine then add the rest of the coconut milk and set aside.
4. Spray a non-stick wok or large frying pan with oil and heat to high. Add half the chicken and stir-fry for 2 minutes until browned but not cooked through. Remove chicken and set aside and repeat with remaining chicken.
5. Respray pan, add onion and stir-fry for 5 minutes over medium-high heat, stirring often until softened.
6. Add celery and cauliflower, stir-fry a further 5 minutes.
7. Sprinkle in curry powder and cook for 1 minute until fragrant.
8. Add coconut/peanut mix and chicken (including any juices and the leftover marinade) to the pan. Add a splash of water now if you like more sauce. Bring up to a simmer and cook for 2 minutes until heated through.
9. Divide rice and chicken satay between plates; serve garnished with cucumber slices.

Comment:

*If you need this dish to be gluten free, check the ingredients list on the sauces. Some contain gluten. 1 cup of uncooked rice makes 3 cups of cooked rice.

Variation:

Substitute lean pork, beef or tofu for chicken. Vary vegetables to include any combination of asparagus, baby corn, broccoli, capsicum, carrots, Chinese vegetables, green beans, snow peas or zucchini. Serve with cauliflower 'rice'.

Serving Suggestion:

>To make this dish even lower in saturated fat, use coconut flavoured evaporated milk or skim evaporated milk with a teaspoon of coconut essence. >Cover dish, refrigerate and marinate chicken for as long as time permits, from 5 minutes to overnight.

Nutrition Information

| | per serving | per 100g |
|---------------------|-------------|----------|
| Energy | 2279 kJ | 419 kJ |
| | 545 Cal | 100 Cal |
| Protein | 35.4 g | 6.5 g |
| Fat, total | 18.1 g | 3.3 g |
| — saturated | 8.5 g | 1.6 g |
| Carbohydrate | 55.2 g | 10.1 g |
| — sugars | 8.8 g | 1.6 g |
| Sodium | 265 mg | 49 mg |
| Fibre | 8.4 g | 1.5 g |