



Satay Chicken Skewers



2 servings



3 - 4 hours
or overnight

INGREDIENTS

Marinade

500g chicken thighs, cut into small cubes

500g chicken breast fillet, cut into small cubes

4 tbsp sesame oil

3 cloves garlic, crushed

40g Belicious Satay Spice Mix

2 tbsp brown sugar

2 tsp salt

Juice of one lime, squeezed and strained

Dipping Sauce

4 tbsp crunchy peanut butter

2 tsp brown sugar

2 tsp tamarind paste

4 tbsp soy sauce

3 shallots, peeled & finely diced

2 long red chillies

2 tbsp vegetable oil

DECORATION/ACCOMPANIMENT

1 cucumber, thinly sliced

1 spanish onion, cut into rings, pre salted 10 mins
before using

1 bunch fresh coriander

Vegetable oil, to baste when cooking

Egg fried rice, to serve

LET'S GET COOKING!

1. Blend and massage all the marinade ingredients well. Leave in the fridge for a few hours (or overnight).
Note - If using bamboo skewers, leave them to soak now in cold water to prevent burning.
2. When ready to cook, thread the pieces of chicken meat onto the skewers, leaving a small gap between pieces.
3. Baste a cast iron flat pan with oil and fry the skewers for 2-3 minutes on each side, brushing with more oil until done and charred. Remove from pan and set to side.
4. Blend all dipping sauce ingredients in a blender. Transfer to a saucepan, cook for 15 min on medium heat.
5. Serve with peanut dipping sauce on side on the side or if preferred, baste the sauce onto the skewers.
6. Garnish with fresh chopped coriander, onion rings and cucumber.

Accompany with egg fried rice for a delicious dinner!

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Belicious Satay Chicken
Spice Mix

