

CRUNCH TIME

Satay Chicken



Serve Information: 1 Plate Of 12 Skewers

INGREDIENTS:

2 Garlic cloves
1/2 Lime
3 Tbsp peanut butter
2 Tbsp soy sauce
2 Tbsp honey
1 Tsp turmeric
1 Tbsp peanut oil
700g Chicken tenderloins, halved lengthways
60ml Coconut milk
Spray can cooking oil
1 Sprig coriander
Bowl of water
12 Cooked satay chicken
1 Cooked satay sauce

EQUIPMENT:

Grill
12 skewers
Bowl to soak skewers in
Garlic crusher
Citrus juicer
Mixing bowl
Several spoons
Tongs
Small saucepan
Wooden spoon
Serving plate
Paper towels

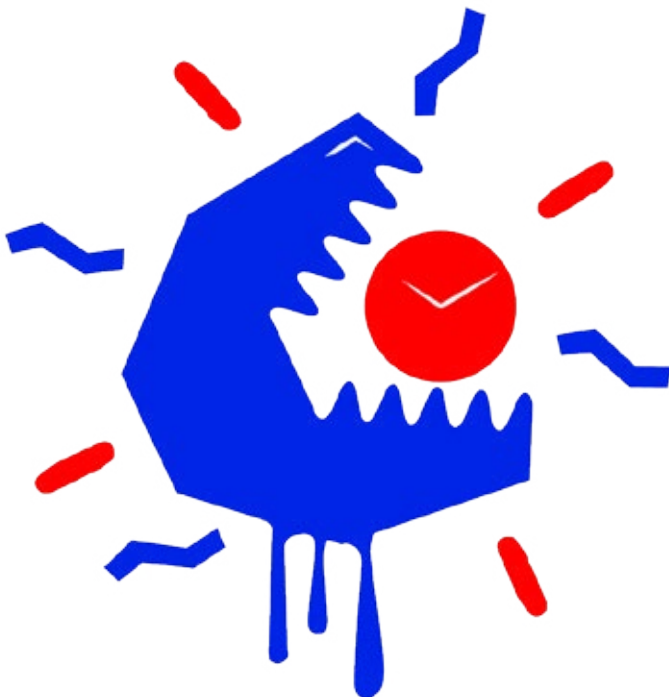


METHOD:

1. Preheat grill on stove
2. Soak skewers in water
3. Crush garlic with garlic crusher
4. Squeeze lime juice with citrus juicer
5. Combine garlic, lime juice, peanut butter, soy sauce, honey, turmeric and oil in a bowl and mix well
6. Add chicken pieces and coat chicken with marinade
7. Thread chicken onto skewers
8. Spray grill with cooking oil
9. Cook chicken skewers on preheated grill, turning, until cooked
10. While chicken is cooking, place the remaining marinade and coconut milk in a saucepan over medium heat. Bring to the boil and cook for 1 minute, stirring
11. Place the "prepared earlier" cooked satay chicken skewers on a plate
12. Spoon the "prepared earlier" satay sauce over the skewers
13. Garnish Satay Chicken with coriander leaves

ADDITIONAL NOTES:

Portion 12 chicken tenderloins, not too thick so they will cook fast



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