



Thai Inspired Satay Chicken

INGREDIENTS:

Satay Sauce:

- 1/2 cup creamy natural peanut butter
- 400mL coconut cream
- 4 tablespoons rice wine vinegar
- 4 tablespoons fresh lime juice (approximately 1 lime)
- 6 tablespoons neutral oil (rice bran/peanut)
- 3 tablespoon soy sauce
- 4 tablespoons brown sugar
- 4 cloves of garlic, crushed
- 2inch square fresh ginger, peeled and roughly chopped
- 1 teaspoon salt
- 1/2 teaspoon red chilli flakes (optional)
- 1/2 cup fresh coriander (reserve some leaves for plating)

Stir Fry:

- 700 grams chicken thigh fillets, cut into 5cm X 2cm strips
- 4 cups mixed stir fry vegetables of choice (see Tip 1 for suggestions)
- 2 cups chopped Choy Sum, cut in 6cm pieces
- 5 springs of spring onion, finely diced
- 1 teaspoon salt
- 1/2 teaspoon ground white pepper

To Serve:

1 cup boiled rice OR Fresh rice noodles - cook as per packet instructions and toss through stir fry at the end

INSTRUCTIONS:

1. Place all satay sauce ingredients in a food processor and blitz until smooth. Set aside. If serving stir fry with boiled rice, cook your rice at this stage of the cooking process.
2. For the stir fry, season sliced chicken with salt and pepper. Heat a large deep non stick pan or wok on high heat. Cook all chicken for 3-5 minutes with no oil until slightly golden. Toss through mixed stir fry vegetables with the chicken and cook for approximately 3 minutes, continuously stirring.
3. Turn heat down to medium, stir in choy sum, spring onions and pour in satay sauce making sure all ingredients are evenly coated. Simmer on low heat for 3 minutes. If incorporating rice noodles, add them in at this point ensuring you have prepared them as per packet instructions. Alternatively serve with boiled rice.

TIPS:

- Vegetables that work amazing in this stir fry include; broccoli florets, sliced capsicum, julienne carrot, trimmed green beans, snow peas, fresh or tinned baby corn spears (if tinned, drain and cut in half), mushrooms, cauliflower florets.
- For a vegetarian option, replace chicken with firm tofu. Cut into large 5cm X 3cm chunks and pan grill as you would the chicken in the recipe method.
- Other substitutes for chicken thigh are: prawns, chicken breast (be careful not to over grill to avoid them being dry), beef such as sliced rump.