



Gok's Speedy Chicken Satay

Quick, simple and affordable! I've made this delicious chicken satay salad with punchy peanut sauce twice now and it's now on the rota! The peanut butter in the satay sauce is a good source of vitamin A helpful for eyesight and vitamin C may help to boost the immune system.

Serves: 4, Prep time: 00:10, Cook time: 00:10

Instructions

 Marinate the bashed chicken in soy, curry powder, cumin, garlic and honey.
Leave in the fridge for 2 hours, or overnight if you have time.

2. Heat a little oil in a large frying pan.Add the chicken and season with salt and pepper then cook for about 4 - 5 minutes on each side, or until cooked through.Leave to one side to rest when cooked.

3. Toss the halved lettuce in a little oil then griddle until charred.

4. Mix together the peanut butter, oyster sauce, lime juice and chilli sauce, then add a little water to loosen.

Ingredients

- 2 Chicken breast, bashed flat
- 1 tablespoon Ligh Soy Sauce
- 1 teaspoon Curry Powder
- 0.25 teaspoon Cumin
- 2 Garlic, cloves, minced
- 2 teaspoon Honey
- 1 tablespoon Coconut oil
- 4 Baby gem lettuce, halved
- 2 tablespoon Peanut butter, crunchy
- 1 teaspoon Oyster sauce
- 1 tablespoon Lime juice
- 1 tablespoon Sweet chili sauce
- 2 tablespoon Hot water , to loosen
- 2 Shallots, thinly sliced and pickled in rice wine vinegar and sugar
- 0.25 Cucumber, sliced into half moons

5. Arrange the lettuce on a platter. Top with the sliced chicken then drizzle over the satay sauce. Garnish with shallots, cucumber, pomegranate seeds, coriander and spring onions.

My Notes:

I used chicken tenders and put on wooden skewers. I also made a quick spciy Thai dipping sauce of ¼ cup Fresh Lime Juice, & nbsp; 2 & frac12; tablespoons sugar, 2 tablespoons Fish Sauce, 1 ½ teaspoons Rice Vinegar, 1 ½ teaspoons, Fresh Cilantro (coarsely chopped),1 teaspoon, Garlic (minced), ½ teaspoon Green or red chopped Chili. Combine all the ingredients in a small bowl and stir until the sugar is dissolved. Let stand at least 30 minutes before serving to let the flavors develop and blend.

If you want you can use a store bought satay sauce and for a starter just use the baby gem lettuce.

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- 1 pinch or to taste Coriander, Finely chopped
- 2 Spring onion, cut diagonally
- 1 pinch or to taste Salt and Pepper