Thai Chicken Satay & Peanut Sauce

A RECIPE BY LANCHANA GREEN

Ingredients

Marinade:

- 4-6 chicken breasts or box of chicken thighs
- 1 tbsp curry powder
- 1 tsp sugar

Peanut Sauce:

- 1 can of coconut milk
- 2 tbsp red curry paste
- 3-5 tbsp peanut butter (I like crunchy)
- 1 tbsp sugar
- 1/2 lime squeezed

Makes approx 4 servings meat & 8 servings of sauce.

Directions

- Use 3-4 tablespoons of the coconut milk and add it to the marinade ingredients to coat the chicken and let marinade over night or at least 20 mins.
- Thread onto skewers if using then grill until cooked.
- For the peanut sauce add all of the ingredients into a pan and let simmer over a medium low heat for 5 mins.

Super simple version but it's super tasty and the peanut sauce makes enough to last a few days.

PROTEIN: 36G FATS: 16G CARBS: 8G CALS: 297 PER SERVING