



Chicken Skewers With Amazing Satay Sauce

Servings: 4

Prep Time: 15min

Cook Time: 20min

Ingredients

Satay

- ½ a small bunch of fresh coriander
- 1 fresh red chilli
- ½ a clove of garlic
- 3 heaped tablespoons good-quality crunchy peanut butter
- soy sauce
- a 2cm piece of fresh ginger
- 2 limes

Chicken

- 4 180 g skinless chicken breasts
- runny honey, for drizzling

Seasoning

- olive oil
- extra virgin olive oil
- sea salt & black pepper

Garnish

- 2 little gem lettuces
- ½ a small bunch of fresh coriander
- optional: 1 fresh red chilli
- soy sauce
- 1 lime

Directions

Satay Sauce

1. Get all your ingredients and equipment ready. Turn the grill on to full whack. Lay 4 wooden skewers in a tray of cold water to soak (if they float, use a plate to weight them down). Put the standard blade attachment into the food processor.
2. Put the coriander (stalks and all) into the food processor with the chilli (stalk removed), peeled garlic, 3 heaped tablespoons of peanut butter and a lug of soy sauce. Peel and roughly chop the ginger and add. Finely grate in the zest of both limes, then squeeze in the juice from 1 of them. Add a couple of splashes of water and whiz to a spoonable paste. Season to taste. Spoon half into a nice bowl and drizzle with extra virgin olive oil, put the rest aside.

Chicken

3. Line the chicken breasts up on a plastic board, alternating ends, and close together. Gently and carefully push the skewers through the breasts. Slice between the skewers to give you 4 kebabs. Thread any stray pieces on the ends of the skewers. To make the chicken crispier you can score it lightly on both sides. Scoop the rest of the satay mix from the processor into a roasting tray, add the chicken skewers and toss with your hands to coat, rubbing the flavour into the meat. Clear away the board and wash the knife and your hands. Drizzle the chicken with olive oil and season with salt. Put on the top shelf of the oven, under the grill, for about 8 to 10 minutes. Turn the skewers over, drizzle with a little runny honey and put back under the grill for 8 to 10 minutes or until golden and cooked through.
4. Serve with Fiery Noodle Salad and Fruit Yoghurt & Mint Sugar.

Garnish

5. Trim the bases off the little gem lettuces and get rid of any tatty outer leaves. Click the rest of the leaves off, halving the cores. Rinse in a colander, spin dry, then take straight to the table. Roughly chop the coriander leaves and finely slice the chilli, if using. Put into little side bowls, take both to the table and put next to the lettuce.
6. Put a bottle of soy sauce and a few wedges of lime for squeezing over on the table. Let everyone build parcels of lettuce, noodles, chicken, a sprinkle of coriander and chilli and a squeeze of lime.