



Balinese chicken satay



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 shallots
- ☐ 3 garlic cloves
- ☐ 25 g root ginger peeled
- ☐ 2 small plump chilli red
- ☐ 1 tbsp groundnut oil
- ☐ 0.5 tsp ground turmeric white
- ☐ 0.3 tsp ground nutmeg
- ☐ 1 pinch ground cloves

- ☐ 500 g pkt chicken minced (or lamb)
- ☐ 2 lime leaves dried fresh with scissors cut into fine strips (or freeze)
- ☐ 1 tbsp desiccated coconut unsweetened
- ☐ 12 lemongrass stalks (or wooden skewers)
- ☐ 1 leaves banana optional

Equipment

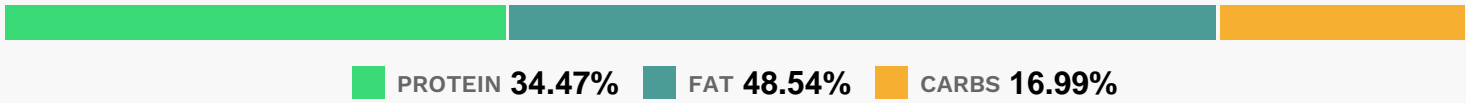
- ☐ frying pan
- ☐ grill
- ☐ skewers
- ☐ mortar and pestle

Directions

- ☐ Thinly slice then finely chop the shallots, garlic and ginger. Now finely chop the chilli, including the seeds. This amount of chilli gives a spicy but not too fiery kick to the chicken satay, but discard the seeds if you dont like the heat.
- ☐ Heat the oil in a frying pan over a low heat.
- ☐ Add the shallots, garlic, ginger and chillies and fry for 1-2 minutes just to soften.
- ☐ Pour in a couple of tablespoons of water to soften, then stir in the spices (and freeze-dried lime leaves, if using) and fry for a minute.
- ☐ Remove the pan from the heat, let the mixture cool down, then blend to a paste with a pestle and mortar, using an up-and-down motion with the pestle. It will take several minutes to make a soft paste.
- ☐ Mix the spice paste, the coconut and, if using, the shredded fresh lime leaves with the minced chicken. Season with salt.
- ☐ Break off pieces of the mixture the size of a large walnut. For each, flatten into a round and lay a lemongrass stalk or wooden skewer in the centre. Mould around the bulbous end of the stalk (or skewer), working it so it goes about 8cm up it.
- ☐ Rough up the surface a little with your fingers so that the meat is not completely smooth and has some texture, then set aside while you shape the rest of the skewers.
- ☐ Brush each skewer with extra oil.

- ☐ Cook the skewers on a preheated BBQ, griddle pan or grill for 8–10 minutes, turning several times.
- ☐ Serve on banana leaves.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:5.6991304262825%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 88.2kcal (4.41%), Fat: 4.87g (7.5%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.36g (1.22%), Sugar: 0.99g (1.1%), Cholesterol: 35.83mg (11.94%), Sodium: 27.31mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.57%), Manganese: 0.34mg (16.99%), Vitamin B6: 0.29mg (14.56%), Vitamin C: 11.78mg (14.28%), Vitamin B3: 2.51mg (12.54%), Potassium: 313.21mg (8.95%), Phosphorus: 89.21mg (8.92%), Vitamin B2: 0.12mg (6.89%), Selenium: 4.6µg (6.57%), Iron: 0.96mg (5.33%), Zinc: 0.8mg (5.3%), Vitamin B5: 0.5mg (5.03%), Magnesium: 16.46mg (4.12%), Vitamin B1: 0.06mg (4.02%), Vitamin B12: 0.23µg (3.89%), Copper: 0.07mg (3.37%), Vitamin E: 0.35mg (2.35%), Folate: 8.37µg (2.09%), Fiber: 0.48g (1.91%), Vitamin A: 72.13IU (1.44%), Vitamin K: 1.47µg (1.4%), Calcium: 11.32mg (1.13%)