



Chicken Satay with Peanut Sauce

 Gluten Free

READY IN



155 min.

SERVINGS



20

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 servings boston lettuce leaves
- ☐ 2 teaspoons chili paste depending on your taste pref red such as sambal
- ☐ 1 tablespoon curry powder
- ☐ 2 tablespoons brown sugar dark
- ☐ 20 servings cilantro leaves fresh
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ginger freshly grated
- ☐ 2 juice of lime juiced

- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.3 cup peanuts chopped for garnish
- ☐ 1 cup yogurt plain
- ☐ 1.5 pounds chicken breasts boneless skinless cut into strips
- ☐ 1 cup smooth peanut butter
- ☐ 20 servings vegetable oil for grilling
- ☐ 0.5 cup water hot
- ☐ 20 wooden skewers
- ☐ 20 wooden skewers

Equipment

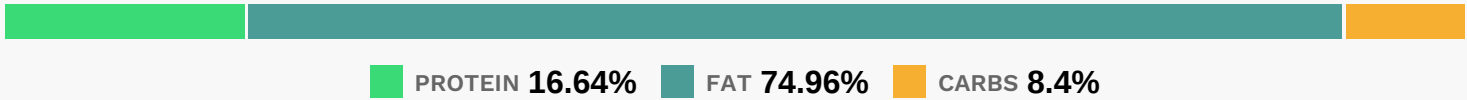
- ☐ food processor
- ☐ bowl
- ☐ mixing bowl
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the yogurt, ginger, garlic, and curry powder in a shallow mixing bowl, stir to combine.
- ☐ Place the chicken strips in the yogurt marinade and gently toss until well coated. Cover and let the chicken marinate in the refrigerator for at up to 2 hours.
- ☐ Thread the chicken pieces onto the soaked skewers working the skewer in and out of the meat, down the middle of the piece, so that it stays in place during grilling.
- ☐ Place a grill pan over medium heat and brush it with oil to prevent the meat from sticking. Grill the chicken satays for 3 to 5 minutes on each side, until nicely seared and cooked through.
- ☐ Serve the satays on a platter lined with lettuce leaves and cilantro; accompanied by a small bowl of peanut sauce on the side.

- ☐
- Combine the peanut butter, soy sauce, red chili paste, brown sugar, and lime juice in a food processor or blender. Puree to combine. While the motor is running, drizzle in the hot water to thin out the sauce, you may not need all of it.
- ☐
- Pour the sauce into a nice serving bowl and garnish with the chopped peanuts.
- ☐
- Serve with chicken satay.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:8.5234781166782%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 266.51kcal (13.33%), Fat: 22.84g (35.13%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 4.81g (1.75%), Sugar: 3.22g (3.58%), Cholesterol: 23.36mg (7.79%), Sodium: 216.67mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.81%), Vitamin B3: 5.63mg (28.15%), Vitamin K: 27.54µg (26.23%), Selenium: 11.94µg (17.05%), Vitamin B6: 0.34mg (16.82%), Vitamin E: 2.48mg (16.56%), Phosphorus: 141.6mg (14.16%), Manganese: 0.28mg (13.78%), Magnesium: 39.21mg (9.8%), Potassium: 257.92mg (7.37%), Vitamin B5: 0.72mg (7.2%), Vitamin B2: 0.09mg (5.22%), Folate: 20.73µg (5.18%), Zinc: 0.68mg (4.55%), Copper: 0.09mg (4.45%), Vitamin B1: 0.06mg (3.98%), Fiber: 0.95g (3.79%), Iron: 0.59mg (3.3%), Calcium: 29.57mg (2.96%), Vitamin C: 1.6mg (1.94%), Vitamin B12: 0.11µg (1.89%), Vitamin A: 67.67IU (1.35%)