

Chicken Saté



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice hot cooked
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 cup cucumber chopped
- ☐ 0.3 cup dry-roasted peanuts unsalted
- ☐ 4 teaspoons cilantro leaves fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 2 tablespoons lemon grass fresh peeled finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup shallots chopped
- ☐ 1 pound skinned
- ☐ 3 tablespoons sugar
- ☐ 2 tablespoons tamarind concentrate
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ skewers
- ☐ meat tenderizer
- ☐ broiler pan

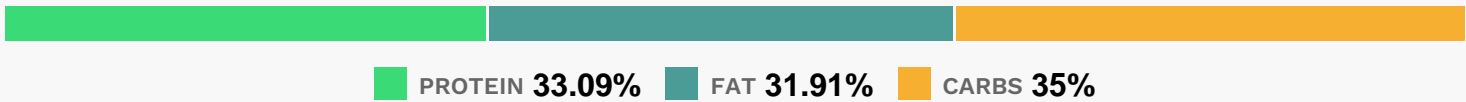
Directions

- ☐ Place peanuts in a food processor, and process until ground. Spoon into a bowl, and set aside.
- ☐ Combine water and tamarind concentrate in a saucepan; stir well. Bring to a boil; cook 1 minute, stirring constantly.
- ☐ Remove from heat; let stand 20 minutes.
- ☐ Drain mixture in a sieve over a bowl, and discard pulp.
- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add shallots, lemon grass, red pepper, and garlic; saute 1 minute or until tender. Stir in ground peanuts, tamarind mixture, sugar, and salt. Bring to a boil; cook 17 minutes or until the mixture

is reduced by half.

- ☐ Drain sauce in a sieve over a bowl; discard pulp.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/8-inch thickness using a meat mallet.
- ☐ Remove plastic wrap; cut chicken into 3/4-inch-wide strips.
- ☐ Combine 3 tablespoons tamarind sauce and chicken strips in a heavy-duty zip-top plastic bag. Seal; marinate in refrigerator 1 hour.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Loosely thread chicken strips onto each of 8 (8-inch) skewers. Prepare the grill or broiler.
- ☐ Place the skewers on a grill rack or broiler pan coated with cooking spray, and cook 5 minutes on each side or until done.
- ☐ Serve skewers with remaining tamarind sauce and rice. Top with cucumber and cilantro; garnish with pineapple, if desired.
- ☐ skewers, 1/4 cup sauce, 1/4 cup rice, 2 tablespoons cucumber, and 1 teaspoon cilantro.

Nutrition Facts



Properties

Glycemic Index:87.77, Glycemic Load:21.93, Inflammation Score:-5, Nutrition Score:17.228260869565%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 351.86kcal (17.59%), Fat: 12.58g (19.36%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 28.72g (10.44%), Sugar: 13.53g (15.03%), Cholesterol: 72.57mg (24.19%), Sodium: 490.08mg (21.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.37g (58.73%), Vitamin B3: 14.06mg (70.28%), Selenium: 40.69µg (58.13%), Vitamin B6: 1mg (49.93%), Manganese: 0.69mg (34.71%), Phosphorus: 328.08mg (32.81%), Vitamin B5: 2.04mg (20.42%), Potassium: 676.77mg (19.34%), Magnesium: 70.4mg (17.6%), Vitamin B1: 0.17mg (11.41%), Copper: 0.2mg (10.07%), Fiber: 2.34g (9.38%), Vitamin B2: 0.16mg (9.21%), Zinc: 1.28mg (8.53%), Iron: 1.48mg (8.24%), Vitamin K: 8.61µg (8.2%), Folate: 31.56µg (7.89%), Vitamin C: 3.68mg (4.46%), Calcium: 43.2mg (4.32%), Vitamin E: 0.63mg (4.18%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 130.07IU (2.6%)