



Coconut Chicken Satay Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bag coleslaw mix (shredded with carrots, or all cabbage)
- 10 oz cucumber
- 1 pound ground chicken
- 1 cup asian peanut sauce
- 8 oz bell pepper (red)
- 0.5 teaspoon salt
- 0.5 cup coconut or dried shredded sweetened
- 2 tablespoons thai curry paste (red)

Equipment

- food processor
- bowl
- oven
- baking pan
- grill
- skewers
- metal skewers

Directions

- In a food processor, whirl coconut until finely ground.
- Add curry paste, salt, and 1 tablespoon water; pulse until blended.
- Add chicken and pulse until evenly combined, scraping down sides of bowl several times.
- Line a 10- by 15-inch baking pan with a piece of cooking parchment. Mound about 1/4 cup chicken mixture around each of eight slender metal skewers, 8 to 10 inches long (see notes). Squeeze mixture into a 5-inch log, then separate into three portions, leaving about 1/2 inch between each. Set satay skewers in a single layer in lined pan.
- Peel cucumber, cut in half lengthwise, and scrape out seeds. Thinly slice cucumber crosswise, discarding ends. Rinse, stem, and seed bell pepper; quarter lengthwise, then thinly slice crosswise.
- Mound coleslaw mix on four plates. Arrange cucumber and bell pepper on top.
- Lay chicken satay on a lightly oiled grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook, turning as needed to brown evenly, until no longer pink in the center (cut to test), 5 to 6 minutes.
- Lay two skewers on each salad.
- Serve with peanut sauce.
- Wine pairing: The hotter the peanut sauce, the sweeter the wine you'll need to cool it down. We liked an off-dry Gewrztraminer with layers of pears, spice, and minerals.

Nutrition Facts



■ PROTEIN 24.15% ■ FAT 46.75% ■ CARBS 29.1%

Properties

Glycemic Index:22.75, Glycemic Load:2.5, Inflammation Score:-10, Nutrition Score:27.113913017771%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 435.08kcal (21.75%), Fat: 22.47g (34.56%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 26.18g (9.52%), Sugar: 22.78g (25.31%), Cholesterol: 97.52mg (32.51%), Sodium: 1247.28mg (54.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.22%), Vitamin C: 116.73mg (141.49%), Vitamin K: 94.32µg (89.83%), Vitamin A: 3117.78IU (62.36%), Vitamin B6: 0.95mg (47.59%), Vitamin B3: 7.22mg (36.1%), Potassium: 1037.18mg (29.63%), Manganese: 0.59mg (29.63%), Phosphorus: 272.76mg (27.28%), Vitamin B2: 0.39mg (22.73%), Folate: 86.41µg (21.6%), Fiber: 5.28g (21.13%), Selenium: 13.91µg (19.87%), Vitamin B5: 1.91mg (19.08%), Vitamin B1: 0.25mg (16.55%), Zinc: 2.34mg (15.58%), Magnesium: 58.25mg (14.56%), Iron: 2.27mg (12.62%), Vitamin B12: 0.63µg (10.58%), Vitamin E: 1.44mg (9.57%), Copper: 0.19mg (9.52%), Calcium: 78.06mg (7.81%)