



Satay chicken pieces



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 chicken drumsticks and chicken thighs skinless
- ☐ 1 lime zest
- ☐ 2 lemongrass roughly chopped
- ☐ 2 thumb-size chunks ginger roughly chopped
- ☐ 3 garlic cloves
- ☐ 2 tbsp peanut butter
- ☐ 0.5 tsp turmeric and ground cumin
- ☐ 160 ml full fat coconut cream canned

- ☐ 20 g pack coriander
- ☐ 6 servings little oil for greasing
- ☐ 6 servings mango chutney sweet

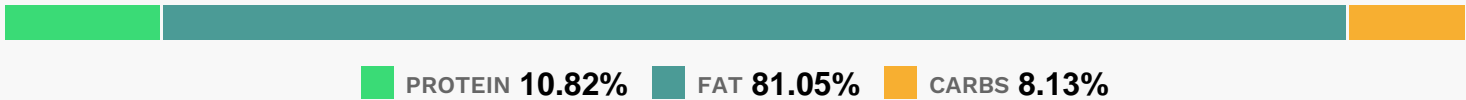
Equipment

- ☐ food processor
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Slash several deep cuts into each drumstick and thigh, then put into a large, non-metallic container.
- ☐ Put the lime zest and juice, lemongrass, ginger, garlic, peanut butter, spices, coconut cream and 1 tsp salt into a food processor, then whizz until its as smooth as you can get it. Roughly chop the coriander leaves and finely chop the stalks, then add to the mix.
- ☐ Pour the marinade over the chicken, massage it into the meat with your hands, then leave to chill for at least 2 hrs, or up to 24 hrs if you have time.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Line 1-2 large baking trays with foil and grease with a little oil.
- ☐ Spread out the chicken over the trays, skin-side up, and roast for 1 hr, or until the chicken is cooked through and the coating golden and slightly charred in places. Cool, then chill well and pack in a container, ready to transport. Scatter with a few more coriander leaves to serve, if you like.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.61, Inflammation Score:-3, Nutrition Score:8.2578259447347%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 292.11kcal (14.61%), Fat: 27.37g (42.12%), Saturated Fat: 10.18g (63.65%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 4.82g (1.75%), Sugar: 1.31g (1.46%), Cholesterol: 27.14mg (9.05%), Sodium: 70.44mg (3.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.44%), Manganese: 0.57mg (28.71%), Vitamin E: 3.11mg (20.74%), Vitamin K: 21.31µg (20.3%), Vitamin B3: 2.63mg (13.15%), Phosphorus: 113.68mg (11.37%), Selenium: 6.85µg (9.78%), Vitamin B6: 0.18mg (9.05%), Copper: 0.17mg (8.73%), Zinc: 1.13mg (7.56%), Iron: 1.32mg (7.35%), Potassium: 249.87mg (7.14%), Magnesium: 27.45mg (6.86%), Vitamin C: 5.55mg (6.72%), Fiber: 1.36g (5.44%), Vitamin B5: 0.52mg (5.17%), Vitamin A: 239.5IU (4.79%), Vitamin B2: 0.08mg (4.67%), Folate: 16.54µg (4.14%), Vitamin B1: 0.05mg (3.53%), Vitamin B12: 0.16µg (2.71%), Calcium: 20.25mg (2.02%)