



SATAY CHICKEN

ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 10 mins

Cook time: 10 mins

Serves: 4



INGREDIENTS

- 6 chicken thighs, cut into 6 pieces each
- 1-2 tbsp chopped coriander
- 2 tbsp coconut oil
- 3 tbsp peanut butter
- 200mls coconut milk
- 2 tbsp tamari sauce (or coconut aminos)
- 1 tsp ground tumeric
- 1 tsp crushed garlic
- juice of ½ lemon/lime
- pinch pink rock salt
- ground black pepper

METHOD

- In large bowl, combine all ingredients EXCEPT chicken, coriander and oil, and mix well.
- Add chicken, stir to coat, and leave standing for 30 minutes. (if time allows).
- Heat oil in frying pan to medium high, and add chicken pieces.
- Cook, turning after 5-6 minutes.
- May need to be cooked in two batches if pan too small.
- Serve hot with cauliflower rice or mashed potatoes, sprinkled with chopped coriander.

NOTE: I like to add a sprinkle of dried chilli, but this is optional.