

## Chicken Satay Skewers

Serves 4

8 x chicken thighs, cut into 3cm chunks

8 x bamboo skewers, soaked in water for 30minutes

1 shallot, diced

1 clove garlic, crushed

1 teaspoon ginger, grated

1 small red chilli, diced

1 teaspoon turmeric, grated

¼ cup peanut butter

½ cup coconut milk

1 teaspoon rice wine vinegar

1 teaspoon tamari

1 tablespoon maple syrup



Salad: cos lettuce, sliced cucumber, shredded snowpeas, grated carrot, chopped spring onion, toasted coconut, coriander. Dressing: Juice of 1 lime, 1 teaspoon fish sauce, 1 teaspoon maple syrup.

Combine the ingredients for the salad and prepare the dressing. Thread the chicken onto the skewers. Preheat a grill and grill the chicken 4-5minutes each side or until cooked through. Meanwhile, heat a small saucepan on low-medium heat with ½ teaspoon coconut oil and add the shallot for 2-3minutes. Then add the garlic, ginger, chilli and turmeric for 1 minute. Take off the heat and stir in the peanut butter. Add the coconut milk, rice wine vinegar, tamari and maple syrup and then place on low heat and stir until it thickens.

Dress the salad and serve with the skewers and satay sauce.