



Banana bread and macadamia nuts pudding



SERVINGS

4 People

COURSE

Breakfast, Dessert

PREFERENCE

Dairy Free, Gluten Free

PERFECT FOR

Quick and Easy

SKILL LEVEL

Easy

INGREDIENTS

Satay

- 2 ripe bananas
- $\frac{3}{4}$ cup roasted macadamia nut butter (180g)
- 2 tbsp rice wine vinegar
- 2 tbsp brown sugar
- 2 tsp soy sauce
- $\frac{3}{4}$ cup coconut milk (185ml)
- $\frac{3}{4}$ cup water (185ml)

Skewers

- 6 boned, skinless chicken thighs, cut into 2cm strips (approx. 500g)
- Bamboo skewers, pre-soaked
- 2 tbsp oil for cooking

To serve

- $\frac{1}{2}$ cup 'Qukes' baby cucumbers finely sliced
- $\frac{1}{2}$ cup coriander leaves
- $\frac{1}{2}$ cup mint leaves
- 2 spring onions finely sliced

- Wedge of lime
- Salt and pepper to taste
- ¼ cup macadamias roasted and roughly chopped

INSTRUCTIONS

Satay

- . Whisk together the red curry paste, macadamia butter, rice wine vinegar, brown sugar and soy sauce in a saucepan.
- . Remove 2 tablespoons of the mixture and set aside in a large bowl.
- . Add the coconut milk and water to the saucepan and place over low-medium heat. Stir constantly for 5 minutes until the sauce is smooth and fragrant. Set aside.

Skewers

- . Add the chicken thigh pieces to the reserved satay mixture and coat well. Evenly thread the chicken pieces onto pre-soaked bamboo skewers.
- . Heat the oil in a large fry pan or grill. Once hot, cook the chicken for 3-4 minutes each side until caramelised and cooked all the way through.

To serve

- . To serve, mix the cucumber, coriander, mint leaves and spring onions together. Season with lime, salt and pepper.
- . Arrange the hot chicken skewers onto a serving plate. Drizzle with the satay sauce. Garnish with the herb salad and roasted macadamias.

NOTES

- . Substitute chicken for tofu for a vegan-friendly recipe. Be sure to check the Thai red curry paste doesn't contain any fish sauce.
- . The satay sauce will keep for 6-7 days in a sterilised, airtight container in the fridge.
- . Combine with steamed brown rice for a wholesome, balanced meal.

NUTRITION

Calories: 442kcal

Carbohydrates: 10g

Protein: 35g

Fat: 29g

Saturated Fat: 11g

Polyunsaturated Fat: 4g

Monounsaturated Fat: 12g

Trans Fat: 1g

Cholesterol: 161mg

Sodium: 332mg

Potassium: 635mg

Fiber: 2g

Sugar: 7g

Vitamin A: 486IU

Vitamin C: 5mg

Calcium: 59mg

Iron: 4mg