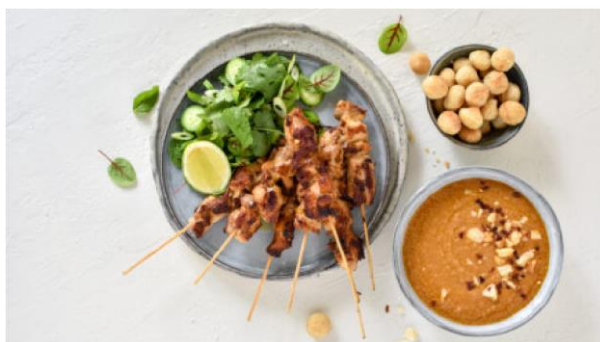




Macadamia nuts chicken satay skewers



SERVINGS

4 people

COURSE

Canapés, Main Course Dairy Free, Gluten Free

PREFERENCE

PERFECT FOR

Celebrations, Kid Friendly Recipe, Midweek Meal

SKILL LEVEL

Moderate

INGREDIENTS

Satay

- 2 tbsp Thai red curry paste
- $\frac{3}{4}$ 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

Fat: 29g

Monounsaturated Fat: 12g

Sodium: 332mg

Sugar: 7g

Calcium: 59mg

Carbohydrates: 10g

Saturated Fat: 11g

Trans Fat: 1g

Potassium: 635mg

Vitamin A: 486IU

Iron: 4mg

Protein: 35g

Polyunsaturated Fat: 4g

Cholesterol: 161mg

Fiber: 2g

Vitamin C: 5mg