

RECIPE OF THE WEEK – Crunchy Chicken Satay

Ingredients

* 1/2 C crunchy natural peanut butter
* 1T coconut oil, melted
* 2T soy sauce
* 1t chilli flakes
* 1 clove garlic, minced
* 2cm knob of ginger, minced
* 2 Chicken breasts, cut into pieces
* 300g snow peas, trimmed
* 1 bunch asparagus, ends snapped, spears halved
* 1/4C peanuts
* 1 lime, cut into wedges
* 2T white sesame seeds

Method

1. Preheat the oven to 200C
2. Combine the peanut butter, coconut oil, soy sauce, chilli, garlic and ginger in a baking dish and mix well.
3. Add chicken and chuck around to coat in mix. Bake for 15mins
4. Remove from oven add vegies, peanuts, lime wedges and sesame seeds. Bake for 10mins or until chicken is brown.