

Quick and easy



Chicken satay

Serves 1

125g skinless chicken breast, sliced into 1cm strips

1 tbsp soy sauce

1 clove garlic, grated

1 tbsp sesame oil

2 spring onions, roughly chopped

20g grated ginger

20g peanut butter

1 tsp coconut oil

Handful of tenderstem broccoli

1 red chilli pepper, finely chopped (seeds optional)

Lime wedges, to serve

Method

Preheat the grill to maximum and soak the skewers in cold water. This will ensure that they do not burn under the grill.

Place the chicken strips in a bowl, add half the garlic and a splash of soy sauce. Mix the ingredients together, coating the chicken strips all over. Thread the chicken onto skewers, making sure not to pack them too tightly otherwise they won't cook.

Place the skewered chicken on the grill pan or baking tray and slide under the hot grill. Cook the chicken for about 5 minutes on each side or until it is fully cooked through.

While the chicken is cooking, place the remaining garlic and soy sauce in a blender along with the sesame oil, spring onions, ginger, peanut butter and a good splash of warm water. Blitz until just smooth.

In a non-stick frying pan, heat the coconut oil over a high heat. Add the broccoli and lightly toss for 1–2 minutes, add the chopped chilli pepper and fry for a further 1–2 minutes.

Plate up the broccoli and serve with the chicken skewers smothered in the delicious satay sauce, with lime wedges to squeeze over.

Alternative ingredients

To make this nut-free, swap the peanut butter for the same amount of tahini.