



REDUCED CARBOHYDRATE MEAL

Satay chicken

INGREDIENTS (1 serving)

- 245g (8.7oz) skinless chicken breast, sliced into 1cm strips
- 35ml (1.2 fl. oz) low sodium soy sauce
- 2 garlic cloves, grated
- 20ml (0.6 fl. oz) sesame oil
- 2 scallions
- 2cm fresh ginger, grated
- 50g (1.7oz) natural peanut butter – crunchy or smooth, it's up to you
- 270g (9.5oz) zucchini, spiralized or sliced to make long noodles
- 10g (0.4oz) coconut oil
- lime wedges, to serve

This is a great skewer to chuck on a BBQ – but also perfect for a low carb lunch box. If you don't have skewers, don't worry, just lay your chicken strips out on a baking tray.

METHOD

Preheat your broiler to maximum.

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

Place the skewered chicken on the broiler pan or baking tray and slide under the broiler. Cook the chicken for about 5 minutes on each side or until it is fully cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

While the chicken is cooking, place the remaining garlic clove and soy sauce in a blender along with the sesame oil, scallions, 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. Gently add the zucchini noodles and lightly toss for 1-2 minutes, just to warm them through.

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