

CHICKEN SATAY CURRY

- Satay Marinade:
- 2 chicken breasts, cut into strips
- 200g smooth peanut butter
- 7 tbsp light soy sauce
- 7 tbsp lime juice
- 1 tbsp brown sugar
- 2 tbsp curry powder
- 3 cloves of garlic, crushed
- 1 tbsp fish sauce
- half tsp. chilli flakes

- Curry:
- 1 tbsp coconut oil
- 1 onion, diced into large chunks
- 400ml can of good quality coconut milk
- 3 tbsp garden peas
- handful of peanuts, roughly chopped

Whisk all the satay marinade ingredients in a bowl and taste. You do not need to add salt as the soy sauce is salty enough.

Stir in the chicken and let it marinade, preferably overnight, but an hour is enough if short on time.

Heat the coconut oil in a wok, and gently cook the onions until soft, but not brown. Pour in the chicken and all its marinade, cook for 2 minutes. It will stick a little, so just keep stirring.

Add the coconut milk and the peas, cook for a further 6–8 minutes, until the chicken is just cooked and tender.

Serve with rice and a sprinkle of chopped peanuts.