



Satay Chicken

Recipe by Sally Wise



Serves 4-6

INGREDIENTS

- 750g skinless chicken breast or thigh fillets
- 1 tablespoon olive (or similar) oil
- 1 onion, finely diced (optional)
- 1 heaped tablespoon peanut butter
- 1 tablespoon tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- 1 tablespoon sweet chilli sauce
- 250ml water or coconut milk

OPTIONAL

you can add vegetables to the satay if you like – sauté with the chicken

DIRECTIONS

1. Cut the chicken into 1.5 cm cubes.
2. Heat the oil in a frying pan or wok, then sauté the chicken and onion (if using) until the chicken changes colour.
3. Remove from heat, and stir in the peanut butter, tomato sauce, Worcestershire sauce, soy sauce, chilli sauce and water or coconut milk.
4. Return to the heat, bring back to the boil and simmer till chicken is tender and sauce reduced a little. Add salt and pepper if needed.
5. Serve with steamed rice, couscous or jacket potato and side salad.



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