FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Crunchy Satay Chicken



Serves	Prep Time	Cooking	Total Time	Calories
4 people	**10 minutes**	**20 minutes**	**30 minutes**	**520 kcal**

Stuff that's in it:

• 4 Chicken Breast With Skin (Can Be Removed Later)

• 1 Tbsp Olive Oil

• 1 Can Coconut Milk (Full Fat)

• 100G Red Thai Curry Paste

• 1 Tsp Fish Sauce

• 2 Tbsp Ketjap Manis (Sweet Soy Sauce From Local Asian Store Or M&S)

• 100G Peanut Butter (Smooth)

• Squeeze Lime Juice (Fresh)

• Small Bunch Coriander (Fresh)

• Dash Milk (If Needed)

What you do:

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Start by flattening your chicken breasts between cling film , bash until they become thinner so they cook quicker.

Then make the paste to coat your chicken , this should be thicker so add just 50ml of coconut milk (mix the can well first) then add to a large bowl with the red Thai curry paste and peanut butter and fish sauce and ketjap manis

Whisk then coat each piece of chicken in the sauce and set aside in a small bowl

Add the rest of the coconut milk to the large bowl and add the lime juice and whisk again until blended

Heat a fry Pan, add the oil , get hot and add the chicken breasts skin side down first, cook for a couple of minutes until golden and crunchy, it doesn't take long and goes dark brown quick so don't leave too long , turn over and cook for 5 minutes on the other side

Add the coconut sauce to the pan slowly , surrounding the chicken until just the crispy tops are visible , bring to a gentle simmer and cook for 10 minutes or more to cook all the way through the meat, (must be over 75c in the middle)

The sauce may split a little so remove the chicken. Breasts using a slotted spatula to a plate so you can whisk if necessary, if it goes too thick just add a splash of milk and whisk, goes lovely again!

Add the sauce to a plate and add the chicken on top.

Add fresh chopped coriander and serve with rice , or cauliflower rice and greens , remove the skin for less fat, you can still enjoy the crispy topping over it.

Nutrition

• Carbs: 43g

• Fat: 33g

• Protein: 43g

• Fibre: 1g

• Saturated Fat: 18g

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