Chicken satay with peanut sauce

Thin strips of chicken soak up a coconut and turmeric marinade, then cook quickly on skewers. Serve with warm peanut sauce and lime.

Serves 4 · 20 min prep · 30 min or more to marinate · 15–20 min cooking

Ingredients

Contains peanuts, soya and wheat (gluten) with Healthy Boy thin soy sauce. Check your curry powder for mustard and read the label if using a different curry paste.

Chicken and marinade

600 g boneless chicken thighs or breast, cut into thin strips

100 ml coconut milk

1 tbsp mild curry powder

1 tsp ground turmeric

1 tbsp light soy sauce

1 tbsp soft brown sugar

1 tbsp vegetable oil

2 garlic cloves, finely grated

Peanut sauce

100 g smooth peanut butter

200 ml coconut milk

1–2 tsp Thai red curry paste

1 tbsp light soy sauce

1 tbsp soft brown sugar

1 tbsp lime juice, to taste

2–4 tbsp water, as needed

To serve

Cucumber and lime wedges, optional

Jasmine rice, optional

Equipment

8–12 skewers

Method

1. Marinate the chicken

Whisk the marinade ingredients together, then coat the chicken strips. Cover and refrigerate for at least 30 minutes, or overnight.

2. Thread the skewers

If using wooden skewers, soak them in water for 30 minutes. Thread the chicken loosely so it cooks evenly. Discard the used marinade.

3. Simmer the peanut sauce

Put the peanut butter, 200 ml coconut milk, red curry paste, soy sauce and sugar for the sauce in a small pan. Simmer gently for 3–5 minutes, stirring. Add water gradually until pourable. Take off the heat, stir in the lime juice and taste.

4. Cook the skewers

Heat a lightly oiled griddle or frying pan over medium-high heat. Cook the skewers for about 10–15 minutes, turning regularly. Lower the heat if the marinade browns too quickly. Cut the thickest piece to check it is steaming hot throughout, with no pink meat and clear juices.

5. Serve with the warm sauce

Serve the skewers hot with the peanut sauce. Add cucumber and lime wedges, or cooked jasmine rice for a fuller meal.

Cook’s note Use 1 tsp red curry paste for a milder dipping sauce. Add a splash of water if it thickens while standing.