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Satay Chicken & Peanut Sauce

Chicken satay is really good and very easy to make despite the many ingredients it requires. Typically it is skewered and grilled but I made these under the broiler, in the oven and forgot about the skewers. Another change I made was use chicken tenderloin strips instead of boneless, skinless chicken thighs cut into strips. This recipe requires at least 1 hour of marinating time so plan ahead. You will need to use fish sauce for the marinade and the peanut sauce. You can find fish sauce in the Asian section of your supermarket. Fish sauce smells pungent so don't worry when you open the bottle. It is fine!

Here is what you are going to need for this:

FOR THE CHICKEN

1 pound chicken tenderloins

3 garlic clove, minced

1 teaspoon minced fresh ginger

1 lime, juiced

1 tablespoon peanut oil

2 teaspoons dark brown sugar

1 teaspoon fish sauce

1/2 teaspoon cumin

1/2 teaspoon coriander

1/2 teaspoon turmeric

1/2 teaspoon salt

In a large bowl, whisk together all of the ingredients, except for the chicken. Rinse and pat dry the chicken. Place it in a dish and pour the marinade on it. Cover and refrigerate for at least 1 hour and up to 4 hours.

Turn the broiler on in your oven. Lightly spray a baking sheet with oil. Place the chicken tenderloins on the pan and broil, being very careful not to burn the chicken. Broil for 5 to 6 minutes and flip. Broil for an extra 5 to 6 minutes, until cooked through and remove from oven. Serve immediately with the peanut sauce.

FOR THE PEANUT SAUCE:

1 cup chunky peanut butter

1/2 cup hot tea

1 jalapeno pepper, seeded and minced

1 tablespoon grated ginger

3 minced garlic cloves

2 teaspoons brown sugar

2 teaspoons fish sauce

2 teaspoons soy sauce

2 teaspoons peanut oil

2 teaspoons fresh lime juice

Salt

In a bowl whisk together the peanut butter with the hot tea to thin it out. Add the rest of the ingredients and mix well. Season with salt if necessary. Serve aside the satay chicken. Enjoy!

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