

Chicken Satay with Peanut Sauce

written by The Recipe Exchange | January 18, 2016

Ingredients

2 pounds Boneless Skinless Chicken Breast, Cut Into Bite Size Pieces

FOR THE MARINADE:

4 Tablespoons Low Sodium Soy Sauce

4 Tablespoons Lime Juice

2 Tablespoons Vegetable Oil

2 teaspoons Cumin

4 teaspoons Coriander

2 teaspoons Turmeric

FOR THE PEANUT SAUCE:

2 Tablespoons Vegetable Oil

$\frac{1}{3}$ cups Onion, finely chopped

2 teaspoons Chili Powder

5 Tablespoons reserved marinade

$\frac{1}{4}$ cups Brown Sugar, Packed

$\frac{1}{2}$ cups Water, Or More If Needed

1 cup Creamy Peanut Butter, Do Not Use Natural Or Low Fat

1 whole Lime, Cut Into Wedges, For Garnish

1 bunch Fresh Cilantro For Garnish, Chopped

Directions

Combine all marinade ingredients and whisk well to combine. Reserve 5 tablespoons of marinade for the sauce and refrigerate until you're ready to make the sauce. Set the remaining marinade aside. Cut the chicken into bite size pieces and skewer*. Skewer your chicken pieces on presoaked (in water) wooden skewers or metal skewers. Pour remaining marinade over chicken skewers being sure to coat thoroughly. (I use gloves, because the turmeric can stain your hands). Marinate chicken in the refrigerator for an hour.

For the peanut sauce, heat oil in a medium saucepan over medium heat. Sauté onions for 5-7 minutes. Add chili powder and the reserved 5 tablespoons of marinade, brown sugar, and $\frac{1}{2}$ cup of water. Keep the pan over heat until very hot. Remove from heat and add peanut butter, carefully whisk until completely incorporated. Add additional water if the sauce is too thick. Loosely cover the pan and set aside. To warm the sauce, do so in microwave on 50% power for 30 seconds at a time and stir between. Heat until just warm. If you over heat the sauce, the oil will separate.

Preheat grill and cook skewered marinated chicken over medium high heat for 10-15 minutes. Serve chicken with peanut sauce and garnish with cilantro and fresh lime wedges.

Makes approximately 32 – 6" skewers for appetizers or 8 dinner size portion

skewers.