

PEANUT SATAY CHICKEN

SIMPLE • COMFORTING • GUILT-FREE

4 servings

25 -30 minutes



INGREDIENTS

600g Chicken, diced
1 Onion, diced
1/2 cup Peanut Butter
(Smooth works best)
1/4 cup Honey
1 cup Boiling Water
Dash of Soy Sauce
Squirt of Tomato Sauce
Dash of White Vinegar
2 Cloves of Garlic, crushed
3/4 tspn Curry Powder

SERVE GENTLY WITH:

Rice
Noodles
Steamed Vegetables

DIRECTIONS

1. In a bowl or jug, combine the peanut butter, honey, boiling water, soy sauce, tomato sauce, vinegar, garlic, and curry powder. Stir well until smooth and combined.
2. Heat a large frypan over medium heat. Add the diced onion and cook until soft and lightly golden.
3. Add the diced chicken to the pan and cook until sealed and lightly browned.
4. Pour the satay sauce over the chicken and onion mixture. Stir gently to coat everything evenly.
5. Reduce heat slightly and simmer for 10-15 minutes, stirring occasionally, until the sauce thickens and the chicken is cooked through.
6. Serve with warm rice, noodles, or vegetables of choice.

With thanks to Tash B for sharing this recipe with the She Uprising Community.

Simple food. Gentle care.

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