

Keto-Friendly Chicken Satay

Serves 4 | Prep 15 min | Cook 15 min

PHOTO SPACE

Place finished meal photograph here

INGREDIENTS

- 700g boneless skinless chicken thighs, strips
- 2 tbsp avocado or olive oil
- 2 garlic cloves, minced
- 1 tsp grated ginger
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp salt
- ¼ tsp black pepper
- 100g natural smooth peanut butter
- 120ml unsweetened coconut milk
- 1 tbsp tamari
- 1 tbsp lime juice
- 1 tsp sesame oil
- ½ tsp chilli flakes, optional
- 2–3 tbsp warm water
- Coriander, crushed peanuts, lime, cucumber or cabbage, to serve

METHOD

1. Mix chicken with oil, garlic, ginger, paprika, cumin, salt and pepper; marinate 15 min if possible.
2. Whisk peanut butter, coconut milk, tamari, lime, sesame oil and chilli. Loosen with warm water.
3. Grill or pan-cook chicken over medium-high heat 4–5 min per side until cooked through and lightly charred.
4. Warm sauce gently for 1–2 min without boiling.
5. Serve with sauce, coriander, peanuts and lime, plus cucumber or cabbage.

THE TRICK

Use chicken thighs for juicier satay. Loosen thick peanut butter with warm water a tablespoon at a time.

NUTRITION

Approx. per serve: 620–680 kcal | 50–55g protein | 42–48g fat | 8–11g net carbs