



Nourish Recipe

Chicken Satay

Servings: 4

Ingredients

$\frac{3}{4}$ lb chicken breast, skinless, cubed

2 Tbsp soy sauce

2 cloves grated garlic

1 tsp dried chili flakes

2 Tbsp almond butter

1 tsp tomato paste

4 Tbsp lite coconut milk



Singapore

Around the World At Home



Satay is traditionally made with peanut butter, but using an organic almond butter instead will reduce the fat content.



You can blend 1 cup of almonds with some olive oil into a paste to make your own almond butter.



Soak your wooden skewers in water for about 20 minutes to help keep them from burning.

What you'll need



measuring
spoons



skewers



sheet pan

Chicken Satay

Instructions

1. Mix all the ingredients together except the chicken.
2. Pour mixture over the chicken, cover and marinate in refrigerator for at least 1 hour.
3. Preheat oven to 400°
4. Place the chicken on skewers and cook for 25 minutes on a sheet pan. This is also great on the grill.
5. Serve with red onion and cucumber slices.

Nutrition Facts

Servings 4

Amount Per Serving

Calories **259**

% Daily Value

Total Fat 13.6g **17%**

Saturated Fat 2.4g **12%**

Cholesterol 43mg **14%**

Sodium 329mg **14%**

Total Carbohydrate 9.3g **3%**

Dietary Fiber 5.1g **18%**

Sugars 1.9g

Protein 25.6g

Vitamin D 88mcg **442%**

Calcium 41mg **3%**

Iron 2mg **11%**

Potassium 286mg **6%**



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