



# Chicken Satay

Servings: 4

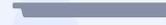
## What you'll need



measuring spoons



skewers



sheet pan

## Ingredients

¾ 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

## Directions

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.



## 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.



## 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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