

Potato Satay with Almond Butter Lime Sauce

Catherine Brown, Plant-based Chef & Culinary Nutritionist at [A seat at My Table](#)



Satay is a dish originating in Indonesia of well-seasoned meat grilled on skewers and served with a spicy peanut sauce. It is a dish I have always loved. Now, as a whole foods plant-based chef, I am always experimenting with ways to re-create fond foods that are just as satisfying as the original versions (or even more so)! This potato satay is just the ticket!

I can't take credit for thinking of using potatoes to make satay. This inspiration came from Laura Wright, blogger of the [First Mess](#) and cookbook author by the same name. If you've never checked out her blog, take a peak. She's an amazing plant-based chef in tune with seasonal cooking. You can check out her first cookbook [here](#).

Not everyone likes sweet potatoes, so I've included Russet potatoes as too. They work well together. The potatoes are parboiled and can be made up several hours ahead of time for a quick, easy and delicious appetizer, game-day snack, or side dish. Grilling the potatoes imparts a wonderful smokiness too. I plan to try this with our Purple Peruvian potatoes too once we harvest in a few months.

Potatoes are loaded with vitamins and minerals, especially if you eat the skins too. Sweet potatoes are lower in carbohydrates and have a lower glycemic load than russet potatoes. Parboiling lowers this number even further ([source](#)).

We have a peanut allergy in our family, so I substitute the traditional peanut butter for almond butter. Cashew butter could also be used, but I think almond butter tastes closest to the original recipe, and it's less expensive.

I always make a double batch of sauce because it makes an excellent dipping or drizzling sauce for other things.

Total Time: 40 minutes Prep Time: 15 minutes Parboiling Time: ~10 minutes Grilling Time: ~15 minutes

To make about 2 cups of the **ALMOND LIME SAUCE**, you will need:

1 - 5.4 oz can of coconut cream and 1/2 cup of coconut water or drinking water OR 3/4 cup of coconut milk (I prefer full fat over lite)

2 Tbsp minced ginger (about a 2" knob if using fresh root)

2 Tbsp fresh minced garlic (about 2 large cloves)

1 small red chile pepper, seeded and finely chopped OR 1/4 tsp crushed red pepper

1/4 tsp cayenne pepper (optional)

1/2 cup almond butter

Juice and zest from two limes, plus additional slices for garnishing (if desired)

2 Tbsp pure maple syrup

2 Tbsp low-sodium soy sauce (use gluten-free if needed, check the label carefully)

1 Tbsp chopped fresh cilantro, plus more for garnishing (if desired)

For the POTATOES, you will need:

2 large sweet potatoes

2 large Russet potatoes

1-2 Tbsp extra-virgin olive oil

salt and pepper, to taste

40 wooden skewers, soaked in water for at least 30 minutes

Process:

1. Wash potatoes and peel (alternatively, peels can be left on). Cut into 4-5" slabs at least 1/4" thick and about 1/2" wide. End pieces can be left as wedges.

2. Place the potatoes in a pot and cover with water by about an inch. If using both Russets and sweet potatoes, parboil them separately. Boil gently for ~ 8-10 minutes or until soft enough to bend but not fully cooked.

3. While the potatoes are boiling, make the sauce. Place everything in a bowl and whisk until fully incorporated. If a completely smooth texture is desired, place all the ingredients in a blender. Blend on medium-high speed for 1 minute. If a thinner sauce is desired, extra coconut water or drinking water can be added. Pour into a bowl and set aside. Extra sauce will keep in the refrigerator for one week.

Nutrition Facts	
Servings: 20	
Per Serving	% Daily Value*
Calories 75	
Total Fat 1.4g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Potassium 353mg	8%
Total Carb 14.8g	5%
Dietary Fiber 2.1g	7%
Sugars 2.1g	
Protein 1.3g	
Vitamin A 2% · Vitamin C 23%	
Calcium 1% · Iron 3%	
*Based on a 2,000 calorie diet	
Recipe analyzed by verywell	

4. Carefully drain the potatoes and allow to cool enough to handle. Lay potato slabs out on a parchment-lined baking sheet. Using wooden skewers, gently thread the potatoes. If they split slightly, don't worry. Any broken pieces can still be grilled, just use a metal spatula for placing, flipping and removing. Brush both sides of each skewer with extra-virgin olive oil and sprinkle with salt and pepper.

5. Heat your grill (or a grill pan if grilling indoors on the stove) to high. Carefully place the skewers on the hot grill, close the lid and cook for about 3 minutes on each side or until nicely charred. Use tongs or a BBQ mit to handle the sticks, they will be hot.

6. Carefully remove the skewers from the grill onto a serving platter. Garnish with extra cilantro and lime slices, and serve with Almond Lime Sauce.

Anything cooked on a stick amps up the fun factor! Next time I make these I think I'll make them with different shapes: cubes, diamonds, hearts perhaps. By removing the skewers, these make excellent lunch box fare, can be tossed on a salad or included in a pita or wrap.

Nutrition information is for 2 potato skewers and 2 Tbsp of sauce.

When you make this, be sure to take a photo and tag me #chefcatherinebrown. I love seeing what you make!