

Satay chicken skewers

Ingredients

1 x 200g chicken breast, diced
2 tps crunchy peanut butter
juice of one lime
1 tbsp soy sauce
50ml fresh chicken stock
60ml coconut milk
small pinch of dried chilli flakes
small pinch of sea salt
small pinch of ground black pepper
1 thumb sized piece fresh ginger, finely chopped
1 garlic clove, finely chopped
4 tps sesame seeds

Makes 4 chicken skewers

138 calories
6g fat
4g carbs
17g protein

Preheat oven to 190°C / 375°F.

Place all of the ingredients in a bowl, except for the sesame seeds.
Mix everything well to coat the chicken.

Refrigerate for 30 minutes. Line a tray with foil.

Thread the chicken onto the skewers.

Place on the tray. Sprinkle the sesame seeds over the chicken, turning the skewers to coat on all sides.

Oven cook for 25-30 minutes until the chicken is thoroughly cooked. Serve with a salad.
Store any leftover chicken in an airtight container and refrigerate for up to 3 days.

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