

CHICKEN SATAY SKEWERS



A light, yet deeply satisfying sauce, packed with fresh flavours and a nuttiness without the nuts!

PREP
30

COOK
10

SERVES
2

INGREDIENTS

- 2 Chicken Breasts
- 1 Cucumber
- 1 Carrot
- 1 jar Yau's Satay Sauce
- 10-15 Bamboo Skewers (6" long)
- ½ tsp Salt
- 1 tbsp Vegetable Oil

Top Tip

Leave your chicken to marinate in the fridge for a few hours for best results

PREPARATION

1. Slice the chicken lengthways into 1cm strips.
2. Marinate the chicken with 3 tbsp Yau's Satay Sauce and salt for at least 30 minutes
3. Soak the skewers in water for 30 minutes.
4. Slice cucumber and carrots into discs and layout onto a plate for garnish.
5. Skewer the marinated chicken, being careful not to bunch them up too closely.

COOKING

1. Heat a pan on a medium heat with the oil.
2. Place the skewers onto the pan and allow to cook for about 3 minutes on each side.
3. As the chicken cooks, drizzle on more Satay sauce to coat each side.
4. Allow another minute for the sauce to heat up before serving.
5. Any remaining sauce can be served as a dip.

Behind Yau's...

Phillip and Bonnie Yau created their business in 2012 to address the growing demand for natural, free-from prepared oriental sauces.

As the market became more aware of what they were putting in their bodies, the Yau's created a range that was suitable for everyone, as well as being equally delicious.

