

# Satay Chicken Skewers

## Ingredients (serves 2)

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



## Preparation

1. Slice chicken lengthways into 1cm strips.
2. Marinate chicken with 3 tbsp Yau's Satay Sauce and salt for at least 30 mins (best overnight in fridge).
3. Soak skewers in water for about 30mins.
4. Slice cucumber and carrots into discs and layout onto plate for garnish.
5. Skewer marinated chicken being careful not to bunch up too closely.

## Cooking

1. Heat a pan on a medium heat with the oil.
2. Place 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. Sear pork on both sides until browned (4-5 mins).
5. Allow another minute for the sauce the heat up before serving.
6. Any remaining sauce can be served as a dip.