



## CHICKEN & CAPSICUM SKEWERS WITH SATAY SAUCE

Prep 20 mins + 30 mins marinating

Cook 5 mins | Serves 4

650g chicken thigh fillets, trimmed, cut into 3cm pieces

1 stalk lemongrass, white part only, finely chopped

¼ cup fish sauce

1 tbs brown sugar

1 large red capsicum, deseeded, cut into 3cm pieces

1 tbs vegetable oil

1 small brown onion, finely chopped

1 cup crunchy peanut butter

¼ cup Essentials sweet chilli sauce

270ml can coconut milk

1 tbs kecap manis\* or soy sauce

rocket leaves, to serve

**1** Place 8 wooden skewers in a large roasting tray of cold water to soak.

**2** Combine chicken, lemongrass, fish sauce and brown sugar in a glass or ceramic bowl. Cover and refrigerate for 30 minutes or overnight if time permits

**3** Preheat a barbecue grill on medium heat. Thread chicken and capsicum onto prepared skewers.

**4** To make the satay sauce, heat oil in a small saucepan on grill. Add onion and cook for 3 minutes or until softened. Stir in peanut butter, chilli sauce, coconut milk and kecap manis or soy sauce until well combined and mixture comes to the boil. Gradually whisk in ½ cup hot water. Remove from heat and keep warm.

**5** Cook skewers on grill, turning, for 5 minutes until charred and cooked through. Serve with warm satay sauce and rocket leaves.

**NUTRITION** Per serve: 55g protein, 63g fat (19g saturated fat), 23g carb, 10g dietary fibre, 1815mg sodium, 3680kJ (880 Cals)