



RECIPE

Chicken Sate



Ingredients

16 bamboo skewers
3 medium chicken breasts, skin off, diced into 2cm pieces
4 cloves garlic, crushed
1 large chilli, de-seeded
1 lime, juiced
2 tablespoons kecap manis
½ teaspoon sugar
¼ teaspoon chicken stock
Pinch salt
Pinch pepper
1 tablespoon coconut oil

Method

Soak the bamboo skewers in water to prevent them burning when grilling.

Place the diced chicken breast in a bowl.

Add the garlic, chilli, lime juice, kecap manis, sugar, chicken stock, salt and pepper and stir.

Let the chicken marinate for 10-15 minutes.

Thread chicken onto skewers.

Heat grill pan, add oil and then chicken skewers and cook until golden brown.

Serves 4