

Chicken Satay Recipe

- 450g boneless, skinless chicken breasts
- 1/3 cup seafood (hoisin) sauce
- 2 tablespoons soy sauce
- 2 green onions, sliced
- 1 tablespoon grated ginger
- 2 tablespoons dry sherry
- 2 tablespoons vinegar
- 8 wooden or metal skewers



- Place chicken breasts between plastic wrap, flatten gently with a rolling pin to 1cm thickness. Slice each breast into 3 or 4 strips.
- Put remaining ingredients in a large bowl and mix well. Add in the chicken pieces and toss to coat. Cover and refrigerate for 2 hours.
- Set oven to broil (260 °C). Thread chicken pieces onto 8 skewers. Broil 10cm from heat for about 4 minutes each side. Chicken can also be grilled.
- (If you use wooden skewers, please soak them in water for 20 minutes to prevent burning.)

Makes 8 servings

Serving Size: 1 skewer (approx. 60g)

nutrients per serving

calories:	108
total fat:	1 g (4% of calories)
saturated fat	trace
cholesterol:	33 mg
sodium	254 mg
carbohydrate:	10 g (37% of calories)
protein:	15 g (59% of calories)
fiber:	trace

“This and more healthy recipes from <http://www.AdrianCahill.com>”