

Grilled macadamia satay chicken

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Since the Paleo diet advises against the use of peanuts (they are actually a legume and not a nut), why not make use of Australia's native macadamia nut in this aromatic, rich satay sauce – it works amazingly well. When it comes to grilling chicken, we find that thighs retain their juiciness much better than breast pieces, but if you prefer, use breast meat instead.

Ingredients

Serves 4

- 4–6 chicken thighs (about 500 g), cut into bite-sized pieces, fat trimmed off

Macadamia satay

- 165 ml can coconut milk
- 3 tbsp macadamia nut butter
- 8 macadamia nuts, chopped finely
- ½ tsp ground turmeric
- ½ tsp ground ginger
- ½ tsp ground coriander
- Pinch of ground cumin
- ½ tbsp tamari

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Method

Soak 6 bamboo skewers in water for 5 minutes.

Thread chicken, about 4 to 6 pieces, onto each skewer.

To make the macadamia satay, combine coconut milk, nut butter, macadamias, spices and tamari in a jug and mix well.

Drizzle half the satay sauce onto the skewers and rub in well.

Reserve the remaining sauce for serving.

Heat a large chargrill pan or frying pan over medium-high heat.

Add oil and sauté bok choy until just wilted and lightly charred.

Transfer to a serving plate.

Add skewers to pan and cook for 3 minutes on each side, or until chicken is cooked through.

Transfer skewers to the plate and top with coriander.

Serve with remaining sauce and a side of rice, quinoa or amaranth, if using.

Recipe by Martyna Angell

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