



## Gok's Speedy Chicken Satay

Quick, simple and affordable! I've made this delicious chicken satay salad with punchy peanut sauce twice now and it's now on the rota! The peanut butter in the satay sauce is a good source of vitamin A helpful for eyesight and vitamin C may help to boost the immune system.

**Serves: 4, Prep time: 00:10, Cook time: 00:10**

## Instructions

1. Marinate the bashed chicken in soy, curry powder, cumin, garlic and honey. Leave in the fridge for 2 hours, or overnight if you have time.
2. Heat a little oil in a large frying pan. Add the chicken and season with salt and pepper then cook for about 4 - 5 minutes on each side, or until cooked through. Leave to one side to rest when cooked.&nbsp;
3. Toss the halved lettuce in a little oil then griddle until charred.&nbsp;
4. Mix together the peanut butter, oyster sauce, lime juice and chilli sauce, then add a little water to loosen.&nbsp;

## Ingredients

- 2 Chicken breast, bashed flat
- 1 tablespoon Ligh Soy Sauce
- 1 teaspoon Curry Powder
- 0.25 teaspoon Cumin
- 2 Garlic, cloves, minced
- 2 teaspoon Honey
- 1 tablespoon Coconut oil
- 4 Baby gem lettuce, halved
- 2 tablespoon Peanut butter, crunchy
- 1 teaspoon Oyster sauce
- 1 tablespoon Lime juice
- 1 tablespoon Sweet chili sauce
- 2 tablespoon Hot water , to loosen
- 2 Shallots, thinly sliced and pickled in rice wine vinegar and sugar
- 0.25 Cucumber, sliced into half moons

- 1 pinch or to taste Coriander, Finely chopped
- 2 Spring onion, cut diagonally
- 1 pinch or to taste Salt and Pepper

For a FREE recipe book click  
here&nbsp; Chili Tri