HOW TO COOK CHICKEN

Chicken Satay

Prep 20 min | Cook 15 min | Total 65 min | Serves 4



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breasts
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1/2 cup (120 ml) coconut milk, divided
- 1 tsp curry powder
- 1 tsp turmeric
- 1 tbsp (15 ml) lime juice
- 1/3 cup (85 g) smooth peanut butter
- 1 tbsp (15 ml) alcohol-free soy-style seasoning
- 1 tbsp (12 g) brown sugar
- 1/4 cup (60 ml) water

COOKING NOTES

Use fully thawed chicken. Choose alcohol-free soy-style seasoning and check the label; it adds salt, so taste the finished sauce before adding more. Keep the sauce ingredients and utensils separate from raw chicken.

SERVING SUGGESTION

Serve four portions of chicken satay skewers. Pair with rice and cucumber, keeping sauce separate until serving.

DONENESS CHECK

Check the thickest center of each chicken portion with a food thermometer: it must reach 165°F (74°C). Keep the probe away from bone. Cooking time and color alone cannot confirm safety.

HOW TO COOK CHICKEN

Chicken Satay

Prep 20 min | Cook 15 min | Total 65 min | Serves 4

METHOD

1. Slice chicken into 1/2-inch strips. Mix with half the coconut milk, curry powder, turmeric, salt and pepper; chill 30 minutes.

2. Soak wooden skewers in water 30 minutes or use metal skewers.

3. Thread chicken loosely. Brush with oil; grill over medium-high heat 10-14 minutes, turning, until 165°F (74°C).

4. In a clean saucepan, warm remaining coconut milk, peanut butter, soy-style seasoning, sugar and water 3 minutes.

5. Stir lime juice into sauce and serve separately; never use raw marinade as dipping sauce.

TIPS

- Leave small gaps on skewers for even cooking.

- Prepare all measured ingredients before heating the pan.

- Use a thermometer to avoid guessing doneness.

STORAGE, FREEZING & REHEATING

Refrigerate: Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Store at 40°F (4°C) or below and use within 3-4 days. Keep fresh vegetables and garnishes separate.

Freeze: Freeze cooked chicken separately from fresh garnishes in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator.

Reheat: Reheat covered in a skillet over medium-low heat with 1-2 tbsp water until the chicken reaches 165°F (74°C). Stir sauces to eliminate cold spots.