Speedy Peanut Satay Marinade and Sauce

EASY • 12 MINS

This sauce perfectly balances sweet and salty. Use it as your go-to marinade, as a dipping sauce, on noodles or even as a salad dressing. The options are endless (and easy to alter to your liking too).



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	2 mins	4-6 as a marinade or sauce

Ingredients

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- 6 tbsp smooth peanut butter
- 3 tbsp red curry paste
- 400ml coconut milk
- 1 tbsp Capilano Pure Honey
- 1 tbsp lime juice
- 1 tsp fish sauce

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

1. In a small saucepan over low heat, combine peanut butter and curry paste heating until soft, approximately 1 minute. Add coconut milk, lime juice, honey and fish sauce, mixing well to combine. Remove from heat and store in jars or airtight container for up to 4 weeks.

2. Remove from heat and transfer to jars or airtight container. Sauce will keep for up to 4 weeks.

3. Marinade Instructions: In a medium bowl or casserole tray, combine 1kg chicken thighs, halved or tenderloin fillets with half of satay marinade, mixing well. Cover and chill for at least 30 minutes or up to 24 hours. When ready to cook, thread chicken onto pre-soaked skewers, preheat BBQ or frypan and cook 4-5 minutes each side until golden and cooked through. Serve with remaining satay marinade as a dipping sauce, garnish with extra peanuts and coriander, if desired.

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