Satay Chicken with Coconut Cauliflower Rice

EASY • 40 MINS

This delicious Satay Chicken with Coconut Cauliflower Rice recipe, thanks to @livelovenourishaus, is not only super tasty and easy to make, but is sweetened with one of nature's best superfoods.

Active Manuka Honey adds a beautiful flavour to this creamy peanut sauce, plus you get the added benefits of its naturally nourishing properties! It's a match made in satay heaven!

Recipe by nutritionist Casey-Lee Lyons, Live Love Nourish, @livelovenourishaus



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	25 mins	2

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Ingredients

SATAY SAUCE

- 6 tbsp peanut butter
- 4 tbsp red curry paste
- 400ml canned coconut milk
- 1 tbsp lime juice
- 1 tsp fish sauce
- 1 tbsp Capilano Active Manuka Honey
- 500g chicken breast

COCONUT CAULIFLOWER RICE

- ¼ head cauliflower
- 2 tsp coconut oil
- 3 cardamom pods
- ½ cup canned coconut milk
- 2 tbsp water

TO SERVE

- Fresh coriander
- Lime zest
- Lime wedges
- Cucumber slices
- Crushed peanuts
- Short skewers

Method

1. First, place skewers in water to prevent them from burning later.

2. Cut chicken breast into 2cm strips. In a mixing bowl, coat the chicken strips in 1 tbsp of curry paste and set aside in fridge to marinade for at least 10 mins.

3. In a small saucepan, heat peanut butter with 3 tbsp of curry paste over low-medium heat. Add coconut milk, lime juice and fish sauce, mixing well to combine. Remove from heat, stir in Capilano Active Manuka Honey and set aside.

4. Take the cauliflower and grate or use a food processor to pulse to resemble rice.

5. In a large frying pan, heat coconut oil and add cauliflower, coconut milk, cardamom pods and water. Cook, stirring frequently over low heat or until liquid has absorbed and cauliflower rice is tender. Remove from heat and set aside.

6. Meanwhile, thread marinated chicken onto skewers. Cook on grill plate or frying pan for 2 minutes each side or until cooked through and caramelised on outside.

7. To serve, plate cauliflower rice with skewers and brush satay sauce over skewers with extra to serve.

8. Finish with lime wedges, lime zest on rice, cucumber slices and crushed peanuts.

Used in this recipe



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*Vella, G. 2016. Issue 215. CSIRO.

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