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 Organic Raw Honey
- 1 tbsp lime juice
- 1 tsp fish sauce

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.

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 cilantro, if desired.

Used in this recipe



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

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

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