



Chicken Satay Recipe

Preparation Time	10
Cooking Time	209
Serving Size	10

Ingredients:

- 1 Tbsp oil
- 1/2 Tbsp atsuetse seeds
- 500 g chicken, breast fillet, sliced into small pieces
- 1 pack DEL MONTE Quick 'n Easy Kare-Kare Mix (50g)
- 1 Tbsp peanut butter
- 1/2 Tbsp sugar, brown
- 1/2 tsp salt
- 1/4 tsp pepper, black

- 10 pcs barbecue stick

FOR THE SAUCE

- 2 Tbsp water
- 2 Tbsp milk, evaporated
- 1 tsp garlic, minced
- 1 tsp soy sauce
- 1/2 Tbsp sugar, brown

- 3/4 cup cucumber, cut into cubes
- 2 Tbsp sibuyas Tagalog/shallots, sliced

Preparation:

1. Sauté atsuetse in oil for 2 minutes, strain. Set aside.
2. In a bowl, combine chicken, DEL MONTE Quick 'n Easy Kare-Kare Mix, peanut butter, brown sugar, salt, pepper and atsuetse oil. Marinate at least 3 hours or overnight in the refrigerator. Drain the chicken.
3. Thread chicken into skewers. Set aside marinade. Charcoal-grill or pan-grill until cooked on both sides.
4. SAUCE: Thin out leftover marinade with water. Add remaining ingredients. Simmer until thick.
5. In a bowl, toss cucumbers and shallots together. Set aside.
6. Serve the chicken satay with sauce and cucumber-onion mixture.

Chef's Tip

Don't overcook the chicken, as chicken breast has a tendency to become dry when cooked for a long time.

Lusog Notes

This Chicken Satay recipe is a good source of niacin that helps release energy from food and also keeps the digestive and nervous systems healthy.

Cooking Skills Needed

- Sautéing
- Grilling
- Simmering
- Mixing
- Slicing

Cooking Tools

- Chopping Board
- Measuring Cups
- Spatula
- Grill Pan
- Measuring Spoon