



Wow your guests with a home-made satay sauce for this summer party favourite

What you'll need:

4 chicken breasts

Juice of a whole lemon

2 tablespoon of olive oil

You'll also need some skewers

TIP: Soak skewers in water for 30 minutes so that they don't catch alight

For the satay sauce

½ lime, juiced

1 teaspoon clear honey

1 tablespoon soy sauce

1 tablespoon curry powder

3 tablespoon smooth peanut butter

165ml can coconut milk

How to make them:

1. Cube the chicken breasts and place in a dish with the lemon juice and olive oil, mix well and leave to marinade for 30 minutes.
2. In a bowl, combine the lime, honey, soy sauce, curry powder, and peanut butter. Add to a pan and mix in the coconut milk and heat for five minutes. You can add a splash of water if it's too thick.
3. Push the cubes of chicken onto the skewers, brush a little of the sauce over each one and grill for 5-10 minutes, turning until browned and cooked through.
4. Serve with more of your home-made satay sauce on the side.

It's really important to remember to ALWAYS BBQ OUTSIDE, as carbon monoxide is not harmful in open spaces!

Never BBQ inside your home or in a tent or gazebo – even if the doors are open.