



## Thai Chicken Satay with Spicy Peanut Sauce

### INGREDIENTS

- 3 tablespoons lime juice
- 3 tablespoons canola oil
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons fish sauce, (see Ingredient Note)
- 1/2 teaspoon crushed red pepper
- 1 pound chicken tenders
- Spicy Peanut Sauce
- 2 tablespoons smooth natural peanut butter
- 2 tablespoons 'lite' coconut milk, (see Tip)
- 1 tablespoon lime juice
- 2 teaspoons reduced-sodium soy sauce
- 1 teaspoon brown sugar
- 1/2 teaspoon crushed red pepper, or to taste

### DIRECTIONS & NOTES

1. Whisk lime juice, oil, soy sauce, fish sauce and red pepper in a shallow dish until combined; add chicken and turn to coat. Let marinate in the refrigerator for 15 minutes.
2. To prepare peanut sauce: Whisk peanut butter, coconut milk, lime juice, soy sauce, brown sugar and red pepper until smooth.
3. Preheat grill to high. Thread each chicken tender onto a wooden skewer. Grill until cooked through and no longer pink in the middle, about 3 minutes per side. Serve warm or chilled with Spicy Peanut Sauce.

**Note:** Fish sauce is a pungent Southeast Asian sauce made from salted, fermented fish. You can find it in the Asian section of large supermarkets and in Asian specialty markets.

**Tips:** Refrigerate leftover coconut milk for up to 1 week or freeze for up to 2 months. It will appear separated when thawed; simply mix until smooth. To prevent wooden skewers from burning on the grill, wrap the exposed portion in foil before grilling. (Contrary to popular wisdom, soaking them in water doesn't prevent them from burning.)

Total Prep:

35 min

Servings:

4

### Nutrition Report Card

