

## Grilled macadamia satay chicken

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Since the Paleo diet advises against the use of peanuts (they are actually a legume and not a nut), why not make use of Australia's native macadamia nut in this aromatic, rich satay sauce – it works amazingly well. When it comes to grilling chicken, we find that thighs retain their juiciness much better than breast pieces, but if you prefer, use breast meat instead.

### Ingredients

Serves 4

- 4–6 chicken thighs (about 500 g), cut into bite-sized pieces, fat trimmed off

### Macadamia satay

- 165 ml can coconut milk
- 3 tbsp macadamia nut butter
- 8 macadamia nuts, chopped finely
- ½ tsp ground turmeric
- ½ tsp ground ginger
- ½ tsp ground coriander
- Pinch of ground cumin
- ½ tbsp tamari

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### Method

Soak 6 bamboo skewers in water for 5 minutes.

Thread chicken, about 4 to 6 pieces, onto each skewer.

To make the macadamia satay, combine coconut milk, nut butter, macadamias, spices and tamari in a jug and mix well.

Drizzle half the satay sauce onto the skewers and rub in well.

Reserve the remaining sauce for serving.

Heat a large chargrill pan or frying pan over medium-high heat.

Add oil and sauté bok choy until just wilted and lightly charred.

Transfer to a serving plate.

Add skewers to pan and cook for 3 minutes on each side, or until chicken is cooked through.

Transfer skewers to the plate and top with coriander.

Serve with remaining sauce and a side of rice, quinoa or amaranth, if using.

Recipe by Martyna Angell

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