

Thai Chicken Satays

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Prep Time: 15 minutes
Broiling Time: 7 minutes
Serves: Approx. 20 skewers

Ingredients:

- 1 Tbsp lime zest
- 1 tsp cilantro
- 2 Tbsp coconut oil, melted
- 3 small garlic cloves, minced
- 2 tsp chili garlic sauce (see below)
- 1/2 tsp salt
- 4 boneless, skinless chicken breasts
- 1 lime (to make into wedges)

Chili Garlic Sauce

If you like it hot:

6 oz. hot chilies, stemmed and chopped (e.g. fresnos, habanero, jalapeno, serrano, cayenne or a combination of them)

If you're not into the heat so much:

- 3 oz. hot chilies, 3 oz. red peppers, stemmed and chopped
- 3 cloves garlic, chopped
- 1/2 tsp salt
- 3/4 Tbsp Maple syrup
- 1-1/2 Tbsp vinegar

Place all ingredients in food processor and pulse to a coarse texture. Adjust flavour with extra salt, Maple syrup or vinegar. Refrigerate in small jar. Let stand at least 30 minutes before using to allow the flavours to blend. Makes ~2/3 cup.