

SATAY SAUCE

Recipe By:

Janelle Bloom Microwave cookbook

Summary:

Serve hot with chicken or meat kebabs. If sauce is too thick, add a little coconut milk or chicken stock.

Ingredients:

- 1 tablespoon brown sugar
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 1 tablespoon ginger, grated
- 1 tablespoon oil
- 60g (roughly 2 oz) butter, or 30g (roughly 1 oz) if you prefer less fat
- 1 teaspoon curry powder
- $\frac{1}{4}$ teaspoon chilli powder
- $\frac{1}{2}$ teaspoon turmeric
- 1 tablespoon soy sauce
- $\frac{1}{2}$ cup peanut butter, crunchy
- $\frac{1}{2}$ cup coconut milk
- $\frac{1}{2}$ cup chicken stock
- 1 tablespoon lemon juice, optional

Directions:

1. Place sugar, onion, garlic, and ginger in bowl with butter and oil. Cook on HIGH for 3-5 minutes or until tender.
2. Stir in curry powder, chilli powder, turmeric, soy sauce, and peanut butter. Mix until well combined. Cook for 1 minute on HIGH.
3. Add coconut milk, chicken stock, and, optionally, lemon juice, if you like a tangier sauce. Simmer for 10-15 minutes on MEDIUM.

Stir to combine mixture and serve with your favourite grilled meats or vegetables!

**STEVEN'S
QUANTUM
KITCHEN**