

(Baked or Grilled or Skillet!) Thai Chicken Satay with Peanut Sauce

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Servings: Servings 6 people, about 30 skewers

Ingredients

- 2 pounds chicken breasts or thighs sliced into 1 1/2" wide strips by 3-5" long
- 3 tablespoons olive oil
- 1/4 cup coconut milk plus more as needed (may sub water)
- 1/3-1/2 cup smooth peanut butter
- 12-15 skewers

Marinade/Sauce:

- 1/4 cup low sodium soy sauce
- 1/4 cup packed brown sugar
- 1 tablespoon chili paste (like Sambal Oelek)
- 1 1/2 tablespoons lime juice
- 1 1/2 tablespoons fish sauce
- 1 teaspoon dried basil
- 1 teaspoon coriander powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1/2 teaspoon turmeric powder



Steps

1. Whisk together the Marinade/Sauce ingredients in a medium bowl. Remove 1/3 cup to a freezer size bag and whisk in 3 tablespoons olive oil. Add chicken and toss to evenly coat. Marinate in the refrigerator 6 hours up to overnight. Refrigerate remaining marinade/sauce separately - this will become the base of your Peanut Sauce.
2. When ready to cook, soak wooden skewers in water for at least 30 minutes. Meanwhile, remove chicken from refrigerator to bring to room temperature. Thread chicken onto skewers and lightly dab excess marinade off with paper towels.
3. OVEN: Preheat oven to 350 degrees F. Line two baking sheets with foil and lightly spray with nonstick cooking spray. Evenly divide chicken between baking sheets. Bake 15-20 minutes OR until chicken is cooked through being careful not to overcook or chicken will not be as tender (internal temp of 165 degrees F).
4. GRILL: Grease an indoor or outdoor grill and heat to high heat. Once hot, add chicken, reduce heat to medium, cover and grill chicken 3-4 minutes per side, or until chicken is cooked through (internal temp of 165 degrees F).
5. SKILLET: Heat 1 1/2 tablespoons olive oil in a large non-stick skillet over medium high heat. Working in batches, add skewers and cook for 2-3 minutes per side until cooked through (internal temp of 165 degrees F).
6. Add reserved Sauce to a small saucepan along with 1/4 cup coconut milk OR 3 tablespoons water. Bring to a boil then simmer for 1 minute. Remove from heat then stir in 1/3 cup peanut butter until completely combined then add additional peanut butter if desired for a thicker/more nutty sauce OR water or coconut milk 1 tablespoon at a time for a thinner sauce. Taste and add additional chili sauce if desired for a spicier sauce.
7. Serve chicken warm with Peanut Sauce for an appetizer or also serve with rice/veggies for a main course.

Notes

- Soak the wooden skewers before grilling them or else they will catch on fire. I start soaking before doing anything else, then they can be soaking while the chicken is marinating – and you don't have to worry about it last minute. When ready to use, just thread the chicken on, no need to dry them first.
- I find it easiest to cut each chicken breast in half horizontally to create chicken fillets, then slice into strips.
- The difference between great and FABULOUS results with this Chicken Satay recipe is the marinating time. I would not marinate the chicken less than 6 hours. Try and plan for the full 24 hours if possible because the longer you marinate the chicken, the more flavorful and juicy it will become.
- Remove the chicken from refrigerator at least 30 minutes before cooking to bring to room temperature. This helps the chicken to cook more evenly.
- The Peanut Satay has a peanut butter range of 1/3-1/2 cup. I find this is necessary due to readers' personal preference and which peanut butter is used. I personally like the full 1/2 cup peanut butter and thin with additional coconut milk, but it is up to you!
- You can use water or coconut milk in the Peanut Satay Sauce. It is only 2 tablespoons, plus more as needed, so it won't have a huge impact on flavor.
- As mentioned, you need to adjust the consistency of the Peanut Sauce with either additional peanut butter or coconut milk/water. It should be thick but pourable.
- If you have extra peanut sauce, you can thin it out and toss it with noodles, or serve it over rice or with vegetables. You can also use it as a salad dressing!

