



## HEALTHY SIMPLE SATAY STIR FRY SAUCE

This sauce balances the rich, nutty flavour of peanut butter with tangy lime juice and just enough sweetness from honey or maple syrup. The garlic, ginger, and red pepper flakes add depth and a gentle heat that complements most vegetables and proteins.

 5 minutes

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 4 portions

## INGREDIENTS

- 3 tbsps of 100% natural crunchy peanut butter
- 2 tbsps of soy sauce [or](#) 2 tbsps of low-sodium soy sauce [or](#) 2 tbsps of Tamari Gluten Free Soy Sauce
- 1 tbsp of fresh lime juice
- 1 tbsp of honey [or](#) 1 tbsp of pure maple syrup
- 1 tbsp of rice wine vinegar
- 1 tsp of sesame oil
- 1 clove of garlic, minced
- 1 tsp of fresh ginger, grated
- 2-3 tbsps of water (to adjust consistency)
- 1/4 tsp of chilli flakes (adjust to taste)

## COOKING METHOD

- 1° Combine all ingredients except water in a small bowl.
- 2° Whisk until smooth and well combined.
- 3° Add water one tablespoon at a time until desired consistency is reached.
- 4° Taste and adjust seasonings as needed.
- 5° Add to stir-fried vegetables and protein in the last 2 minutes of cooking and toss well to coat all ingredients evenly
- 6° For a thicker sauce, let it simmer for 1-2 minutes in the pan
- 7° Store any leftover sauce in an airtight container in the refrigerator for up to 5 days.
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## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (54 g)	% DRI
ENERGY	180 kcal	97 kcal	5 %
PROTEIN	7 g	4 g	7 %
CARBOHYDRATE	12 g	6 g	2 %
SUGARS	9 g	5 g	6 %
FAT	12 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	2 g	1 g	4 %
FIBER	2 g	1 g	5 %
SODIUM	441 mg	238 mg	10 %