

**ONE PAN SATAY CHICKEN + GREEN BEANS**

There's no doubt about it, satay chicken is a household favourite. Avoid those pre-packed sauces and make up your own, free of all the nasties. We like using chicken thighs because they're super cheap and they won't dry out during the cooking process.

🕒 5 minutes

🕒 30 minutes

🍴 2 portions

**INGREDIENTS**

- 1/4 cup of peanut Butter, smooth (65 g)
- 1/4 cup of water
- 1 tsp of oil, coconut (5 g)
- 1 tbsp of tamari (soy sauce)
- 1 clove of garlic, minced
- 1/2 tsp of chili powder
- 300 grams of chicken thigh
- 200 grams of green beans
- 1 tsp of olive oil
- 2 cups mixed lettuce leaves, to serve

**COOKING METHOD**

- 1° Preheat oven 200°C / 400°F / Gas Mark 6.
- 2° In a medium-sized baking dish, combine the peanut butter, water, coconut oil, tamari, garlic and chilli flakes. Mix well. Place chicken thighs in baking dish and coat well with satay sauce.
- 3° Place dish in the oven and cook chicken for 15 minutes. Turn chicken over and add beans to the dish and drizzle with olive oil. Continue to cook for a further 10 minutes.
- 4° Serve half the chicken with half of the beans, mixed lettuce leaves and leftover sauce from the pan. Place the remaining half in a container to enjoy for lunch tomorrow.

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (452 g)	% DRI
ENERGY	125 kcal	565 kcal	28 %
FAT	8 g	37 g	57 %
FATTY ACIDS, TOTAL SATURATED	2 g	9 g	47 %
CHOLESTEROL	42 mg	192 mg	64 %
SODIUM	265 mg	1200 mg	50 %
CARBOHYDRATE	4 g	17 g	6 %
SUGARS	1 g	6 g	—
FIBER	1 g	5 g	21 %
PROTEIN	10 g	47 g	—