

## SLOW COOKER SATAY CHICKEN

8 hours

6 portions

### INGREDIENTS

- Half a jar of Satay Sauce (Marions Kitchen Brand) 120g
- 1 Can of coconut Cream (400 g)
- 2 tbsps of Mayvers Dark roasted Peanut Butter (40 g)
- 1kg of chicken thigh fillets
- 2 tbsps of kecap manis (dark sweet soy) s (36 g)
- 1 tbsp of fish sauce, (18 g)

### COOKING METHOD

- 1° Whisk satay sauce, coconut cream, peanut butter, fish sauce and soy in a pouring jug until smooth (and PB isn't clumpy).
- 2° Add to slow cooker with chicken. (Don't cut chicken). Cook on low for 8 hours or high for 4 hours.
- 3° Serve with rice and veg of your choice or in lettuce bowls.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (269 g)	% DRI
ENERGY	152 kcal	409 kcal	20 %
FAT	9 g	25 g	38 %
FATTY ACIDS, TOTAL SATURATED	5 g	13 g	66 %
CHOLESTEROL	58 mg	157 mg	52 %
SODIUM	304 mg	818 mg	34 %
CARBOHYDRATE	3 g	8 g	3 %
SUGARS	1 g	2 g	—
FIBER	0 g	1 g	2 %
PROTEIN	14 g	37 g	—