

Peanut Butter Satay Chicken Skewers

Ingredients

- **150g** Chicken Breast
- **20g** smooth peanut butter
- **20g** Greek yogurt
- **1 tsp.** sweetener
- **1 tsp.** soy sauce



Cooking method

TO COOK

1. Make the sauce by adding the peanut butter and Greek yoghurt into a small bowl along with the sweetener and soy sauce then mix together.
2. Chop up your chicken breast then add the satay sauce to the chicken breast chunks and mix well.
3. Grab two skewers and thread through the chicken breast chunks.
4. Heat up your grill and place the skewers under the top grill of your oven.
5. Cook for 5 minutes on each side until the chicken is cooked through then serve!

Serves: 1

42g
PROTEIN

294
CALORIES

3g
CARBS

12g
FAT

2g
FIBRE