



RESCUING FOOD • NOURISHING COMMUNITIES



## RECIPE CARD



Recipes developed in conjunction with  
the University of Otago Human Nutrition Department

# SATAY

SERVES 4-5



## INGREDIENTS

- ½ cup peanut butter
- 3 Tbsp coconut milk (light if available) OR coconut cream OR coconut flavoured reduced milk
- 1 tsp sugar (brown if available)
- 1 Tbsp soy sauce
- 1 clove garlic, peeled and crushed OR 1 tsp garlic paste
- 1 tsp dried ginger OR grated fresh ginger OR crushed chilli paste
- 1 tsp chilli flakes OR chopped fresh chilli OR sweet chilli sauce OR chilli paste (optional)
- 1 tsp thai curry paste (optional)

## METHOD

1. Place all ingredients in a pot.
2. Bring to the boil, stirring frequently.
3. Simmer for 2 minutes.
4. Cool for 15 minutes.
5. Serve with toasted pita bread crisps or vegetable sticks.

**Keep in the refrigerator and use within 3 days.**

**Can be frozen for up to 6 months.**