

## RECIPE IDEAS USING 'FIRE FOODS' PRODUCTS

### FIRE FOODS CHICKEN SATAY SKEWERS (SERVES 4)

#### **INGREDIENTS**

4X BONELESS CHICKEN BREASTS  
2X TABLESPOONS OIL (VEGETABLE, GROUNDNUT OR  
SESAME ARE PREFERRED)  
4X TABLESPOONS 'FIRE FOODS' CRUNCHY CHILLI PEANUT  
BUTTER  
APPROX 12 WOODEN OR METAL SKEWERS

#### **METHOD**

PRE-HEAT GRILL OR BBQ  
IN A BOWL COMBINE OIL AND 'FIRE FOODS' CRUNCHY CHILI PEANUT BUTTER TO A PASTE  
CUT CHICKEN INTO 1CM CUBES  
PLACE CHICKEN IN PASTE AND MARINADE FOR 1 HOUR OR LONGER IF REQUIRED  
ONCE CHICKEN IS MARINADED PLACE ON SKEWERS (ENSURE WOODEN SKEWERS HAVE BEEN  
SOAKED IN WATER FIRST) MAYBE ADDING YOUR FAVOURITE VEGETABLES BETWEEN  
CHICKEN CUBES.  
PLACE UNDER GRILL OR ON BBQ TURNING FREQUENTLY UNTIL CHICKEN IS COOKED (APPROX  
10-15 MINS)  
SERVE WITH RICE AND SALAD

