

Chicken Sate

with Peanut Sauce & Marinated Green Tomatoes

Sate, or satay, is a skewered meat dish popular in Southeast Asia. From street carts to five-star restaurants, sate is everywhere. In Indonesia, where sate was popularized, different regions are famous for different styles. Here, we're offering you one of the classic preparations: skewered chicken served with rich, flavorful peanut sauce and paired with a tart, green tomato salad.



Ingredients

12 Ounces Boneless, Skinless Chicken Breast, Sliced
2 Green Tomatoes
2 Tablespoons Soy Sauce
1 Bunch Cilantro
1 Red Onion
 $\frac{3}{4}$ Cup Jasmine Rice
2 Tablespoons Rice Vinegar
2 Tablespoons Sesame Oil
2 Tablespoons Mirin
 $\frac{1}{4}$ Cup Peanut Butter

Makes 2 Servings
About 700 Calories Per Serving

Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Cut the green tomatoes into wedges. Pick the cilantro leaves off the stems; discard the stems and roughly chop the leaves. Peel and thinly slice the red onion. Place the **chicken** in a bowl with **half of the soy sauce** and toss to thoroughly coat; set aside to marinate.

2



Cook the rice:

In a small pot, combine the **rice**, a **pinch of salt** and **1½ cups of water**. Heat to boiling on high. Once boiling, cover, reduce the heat to low and simmer 18 to 22 minutes, or until the water is absorbed and the rice is cooked through. Fluff the finished rice with a fork.

3



Marinate the tomatoes:

While the rice cooks, in a medium bowl, combine the **tomatoes**, **rice vinegar**, as much of the **red onion** as you'd like (you may have extra onion), **half the cilantro** and **half the sesame oil**. Toss to coat and season with salt and pepper to taste. Set aside to marinate.

4



Cook the chicken:

While the rice cooks, thread the **marinated chicken** onto the **skewers**. (You may have extra skewers.) In a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **skewered chicken** and cook 3 to 4 minutes per side, or until browned and cooked through. Transfer the chicken to a plate.

5



Make the peanut sauce:

While the chicken cooks, in a medium bowl, combine the **peanut butter**, **mirin** and the **remaining soy sauce** and **sesame oil**. Whisk in **2 to 3 tablespoons of water** to achieve your desired consistency for dipping.

6



Plate your dish:

Divide the **cooked rice** and **marinated tomatoes** between 2 plates. Place the **finished chicken skewers** on top of the rice. Garnish with the **remaining cilantro**. Serve with the **peanut sauce** on the side for dipping. Enjoy!