



# Speedy Peanut Satay Marinade and Sauce

EASY · 12 MINS

This sauce perfectly balances sweet and salty. Use it as your go-to marinade, as a dipping sauce, on noodles or even as a salad dressing. The options are endless (and easy to alter to your liking too).



SKILL LEVEL  
Easy

PREP TIME  
10 mins

COOKING TIME  
2 mins

SERVINGS  
4-6 as a marinade or sauce

## Ingredients

Visit [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](https://www.instagram.com/honeylovers) & [@capilano](https://www.instagram.com/capilano) on Instagram or Facebook and you could be featured on our page!



- 6 tbsp smooth peanut butter
- 3 tbsp red curry paste
- 400ml coconut milk
- 1 tbsp **Capilano Honey**
- 1 tbsp lime juice
- 1 tsp fish sauce

## Used in this recipe

### *Method*

1. In a small saucepan over low heat, combine peanut butter and curry paste heating until soft, approximately 1 minute. Add coconut milk, lime juice, honey and fish sauce, mixing well to combine. Remove from heat and store in jars or airtight container for up to 4 weeks.

2. Remove from heat and transfer to jars or airtight container. Sauce will keep for up to 4 weeks.

3. Marinade Instructions: In a medium bowl or casserole tray, combine 1kg chicken thighs, halved or tenderloin fillets with half of satay marinade, mixing well. Cover and chill for at least 30 minutes or up to 24 hours. When ready to cook, thread chicken onto pre-soaked skewers, preheat BBQ or frypan and cook 4-5 minutes each side until golden and cooked through. Serve with remaining satay marinade as a dipping sauce, garnish with extra peanuts and coriander, if desired.

Visit [capilanothoney.com.au](http://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](https://www.instagram.com/honeylovers) & [@capilanothoney](https://www.instagram.com/capilanothoney) on Instagram or Facebook and you could be featured on our page!