

CHICKEN SATAY WRAPS



MINUTES TO PREPARE
10 + 30 to marinate



MINUTES TO COOK
15



SERVES
5



INGREDIENTS

For the filling:

3 chicken breasts, skin removed and thinly sliced
15 rice papers
2 avocados, thinly sliced
1 cucumber, peeled and thinly sliced
1 red pepper, cored and thinly sliced
Handful of coriander leaves and stalks
1/2 romaine lettuce, washed and chopped
2 handfuls of vermicelli rice noodles

For the chicken marinade:

1 tablespoon white wine
1 teaspoon rapeseed oil
Juice of 1/2 lemon
1 tablespoons soy sauce
1 teaspoon honey

For the satay sauce:

2 tablespoons peanut butter
1 tablespoon soy sauce
1 tablespoon sweet chilli
1 clove garlic, peeled and roughly chopped
1cm fresh ginger, peeled and roughly chopped
Juice 1/2 lemon
Handful coriander leaves
1 green pepper, cored and seeds removed. Roughly chopped

LET'S GET COOKING

- 1 Mix together the chicken marinade in a wide ovenproof non-metallic bowl. Pour in the chicken and toss well. Leave to marinate outside of the fridge for 30 minutes.
- 2 Preheat the oven to 180/350/gas 4.
- 3 Cook the marinated chicken strips in the oven for 15 minutes or until cooked. Pour the juices into a jug and place the chicken to the side ready to serve.
- 4 Place the satay ingredients in a nutribullet or food processor and blitz. Place in a bowl ready for serving.
- 5 Boil the kettle and cook the vermicelli noodles as per the packets instructions and drain. Place in a bowl ready to serve.
- 6 Arrange the vegetables on a large plate ready to serve.
- 7 Finally place a rice wrapper one by one in hot water until soft (10-15 seconds). I like to have these at the table for people to help themselves one by one. Place your filling of chicken, noodles, avocado, cucumber strips, red pepper, coriander and lettuce on your wrap, roll and enjoy!

"Warning: these gorgeous fresh Asian wraps are not first-date food! They are, instead, sticky rice wraps with a delicious super-nutritious filling. I like to have all the ingredients on the table laid out for everyone to help themselves. My husband prefers them pre-wrapped. I wonder how you will eat yours?"

The juices from the cooked chicken make a delicious sauce which I like to serve in a jug on the table. Try pouring them over your filling just before wrapping."