

Healthy Cooking with

Aunt Mary's Kitchen



Chicken Satay

Ingredients

- 16 bamboo skewers

Marinade

- 600 g chicken thighs cut into 2 cm pieces
- ½ tsp sesame oil
- 2 tsp red curry paste
- 1 tsp ginger
- 1 tsp garlic
- 1 tbs dark brown sugar
- 1/2 can lite coconut milk



Method

1. Trim fat and any small bone fragments from fillets and cube into bite sized pieces.
2. Marinate in soy, sweet chilli, garlic, sesame oil, ginger, rice wine, brown sugar and five-spice powder for minimum 20 minutes and maximum overnight.
3. Thread pieces onto bamboo skewers that have been pre-soaked for 20 minutes.
4. Add half a can of lite coconut milk to marinade.
5. Grill for 3-5 minutes on either side while brushing with the marinade mixed with coconut milk.

Never Fail Aromatic Rice

Method

1. Soak rice in water for twenty minutes or rinse thoroughly until water runs clear.
2. Put into a big pot and for every cup of rice add 1½ cups of water.
3. Add aromatics and chicken stock powder mixed with 1/3 of a cup of water
4. Cover with lid and bring the water to a boil then turn onto low until the water is absorbed and holes appear in the top of the rice.
5. Turn the heat off and allow to rest for a further 10 minutes.
6. Fluff the rice with a fork and remove aromatics.



Seasonal Stir-fry Vegetables

Ingredients

For the stir fry

- 1 tablespoon vegetable oil
- 1/2 cup carrots peeled and sliced
- 1 large onion sliced
- 1 cup broccoli florets
- 3/4 cup capsicum sliced,
- 1 head of Asian greens or small cabbage
- 1/2 cup water chestnuts drained and sliced
- 3/4 cup baby corn drained and sliced
- 2 tsp garlic minced
- 1 tsp ginger minced



For the sauce

- 1/4 cup chicken broth or water
- 1/4 cup lite soy sauce
- 3 tbs sweet chilli sauce
- 2 tsp cornstarch

Method

1. Heat the oil in a large pan over medium high heat. Add the carrots, onion and mushrooms and cook for 4-6 minutes or until tender.
2. Add the rest of the vegetables and 2 tbs of water to the pan.
3. Cook for an additional 3-5 minutes or until vegetables are tender and water has mostly cooked off.
4. Add the garlic and ginger and cook for 30 seconds.
5. In a bowl, whisk together the vegetable broth, soy sauce and sweet chili.
6. Pour the soy sauce mixture over the vegetables and cook for 30 seconds.
7. In a small bowl mix the cornstarch with a tablespoon of cold water.
8. Add the cornstarch and bring to a boil; cook for 1 more minute or until sauce has just started to thicken.
9. Serve immediately, over rice if desired.
10. Season the vegetables with salt and pepper to taste.

Easy Peasy Peanut Sauce

Ingredients

- 2 onions
- 1 tsp of Chinese five spice
- 1 tsp of ginger minced
- 2 tsp of garlic minced
- 3 tbs of sweet chilli sauce
- 4 tbs of peanut butter
- 3 tbs of soy sauce
- ½ can of coconut milk
- 1 tbs of peanut or rice bran oil.



Method

1. Blend all ingredients except oil, coconut milk and peanut butter.
2. Heat the oil in a large pan over medium high heat. Add the blended ingredients and fry until fragrant.
3. Add the rest of the ingredients to the pan.
4. Stir constantly on medium until the sauce thickens.

Serving instructions

Serve rice and stir-fry into portions onto banana leaf or plate, place skewers over rice. Pour peanut sauce over satay skewers. Serve immediately with chopped coriander and lime wedges if available.