

Sparkle Kitchen

Chicken Satay with Tropical Rice and Yogurt Sauce

(Serves 4)

Ingredients

For the Yogurt Sauce

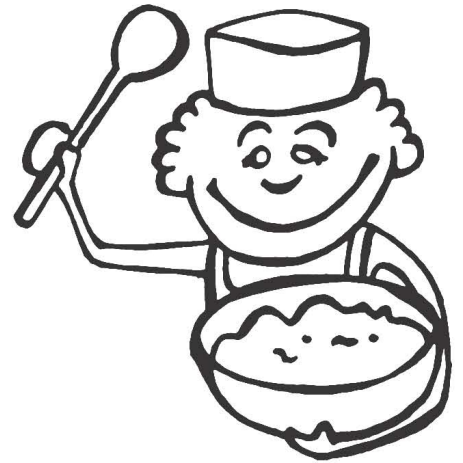
- juice of 1 lemon
- 1/2 cucumber
- 1 teaspoon salt
- 1 cup greek yogurt
- 1 clove garlic, minced

For the Chicken

- About 2 pounds of boneless, skinless chicken breasts or thighs
- 1 Tablespoon of curry powder
- 1 clove garlic, minced
- 2 teaspoons salt
- 1 Tablespoon olive oil

For the Rice

- 1 teaspoon fresh, grated ginger
- 1/2 medium red onion, diced
- juice of 1 lime
- 1 teaspoon salt
- 14 oz can pineapple chunks, drained
- 14 oz can mango chunks, drained
- About 3 cups cooked rice



Sparkle Kitchen

Chicken Satay with Tropical Rice and Yogurt Sauce

Directions

Begin with the yogurt sauce. In a medium bowl, mix the yogurt, lemon juice, salt, and garlic. Then, using the small side of a box grater, grate the cucumber. Pile the cucumber shavings into a clean towel, and wring out as much liquid as possible. Add the cucumber to the yogurt mixture, stir, and refrigerate while you prepare the chicken and rice.

Cut the raw chicken into 1 inch strips, and place in a large bowl. Add the curry powder, garlic, salt, and olive oil, and use your hands to coat the chicken well. Thread the chicken onto skewers and cook for 5-6 minutes per side over medium heat on an oiled grill pan.

As the chicken cooks, you can work on the rice, which is super easy. Just put all of the ingredients in a large bowl and toss well to combine. Then, give it a taste and adjust the seasoning to your liking.

Plate up the chicken with the rice and yogurt sauce, and enjoy your meal on a stick!

Enjoy!