

Less than 30 minutes

Serves 4

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Ingredients:

- 2 tsp (10ml) olive oil
- 500g chicken breast fillets, thinly sliced
- 1 tsp (5ml) crushed garlic
- Salt and milled pepper
- ½ packet (375g) PnP raw stir-fry vegetables
- 1 packet (3s) cos or gem lettuce, leaves separated

Satay dressing:

- ½ cup (125ml) low-fat yoghurt
- 3 Tbsp (45ml) crunchy or smooth peanut butter
- 2 Tbsp (30ml) store-bought lemon juice
- 2 tsp (10ml) soy sauce
- ½ tsp (3ml) crushed garlic
- 1 Tbsp (15ml) crushed ginger

Method

1. Heat olive oil in a non-stick pan.
2. Add chicken and fry in batches until golden.
3. Stir through garlic, season and fry for another minute. Cool.
4. Stir chicken through raw vegetables.
5. Blitz satay dressing ingredients in a food processor until smooth.
6. Spoon chicken and vegetable mixture into lettuce cups, drizzle with satay sauce and serve.