

SERVINGS: 4-8

PREP TIME: 15 MINUTES

TOTAL TIME: 45 MINUTES

NOTES:



CAN DOUBLE UP SERVINGS



CONTRIBUTES TO 5 A DAY



BASIC KITCEHN EQUIPMENT



MEDIUM DIFFICULTY





4 PACK CHICKEN BREAST 180G JAR SATAY SAUCE 4 LARGE SEEDED BUNS 6 SALAD TOMATOES, CUT INTO THIN WEDGES 1/2 RED ONION, FINELY SLICED 10G FRESH CORIANDER, ½ FINELY CHOPPED, REMAINING LEAVES **PICKED** 4 TBSP SALAD DRESSING

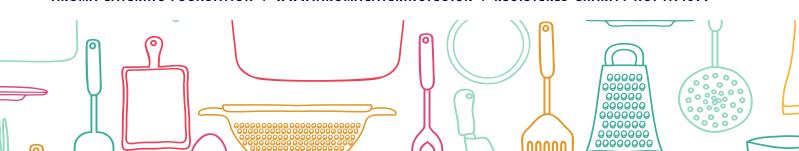
OPTIONAL EXTRAS: CHEESE SLICES **POTATO WEDGES CUCUMBER CHILLI - FRESH OR DRIED FLAKES** COLESLAW

1/2 ROUND LETTUCE

RECIPE ON REVERSE SIDE.

CHECK OUT THE AROMA INSTAGRAM AND FACEBOOK PAGE FOR **TUTORIALS AND COOK-ALONG** SESSIONS.

ULVERSTON VICTORIA HIGH SCHOOL | WWW.UVHS.UK | 01229 483900 AROMA CATERING FOUNDATION | WWW.AROMACATERING.CO.UK | REGISTERED CHARITY NO: 1191099





METHOD

HEAT THE OVEN TO 220 OC, GAS 7.

REMOVE THE SKIN FROM THE CHICKEN THIGHS BY PULLING IT OFF, HOLDING THE MEAT WITH YOUR OTHER HAND. USE A SMALL KNIFE TO CUT A SLIT DOWN THE LENGTH OF THE CHICKEN ESSENTIALLY GIVING YOU TWO PORTIONS OF CHICKEN FROM ONE BREAST.

PUT THE CHICKEN IN A BOWL AND ADD 100G SATAY SAUCE. MIX WELL, THEN TRANSFER TO A SHALLOW BAKING TRAY AND ROAST FOR 25-30 MINS UNTIL GOLDEN AND COOKED THROUGH.

WHEN THE CHICKEN HAS 5 MINS LEFT, HALVE AND TOAST THE BUNS.

TOSS THE TOMATOES, ONION AND CHOPPED CORIANDER IN A BOWL WITH A SMALL PINCH OF SALT AND THE SALAD DRESSING.

ROUGHLY TEAR THE LETTUCE INTO SEPARATE LEAVES.

SPREAD 1 TBSP SATAY SAUCE TO THE BOTTOM OF EACH BURGER BUN, THEN TOP WITH THE LETTUCE, CHICKEN THIGHS AND CORIANDER. SERVE WITH THE ONION AND TOMATO SALAD PLUS ANY ADDITIONAL SIDE DISHES.

TIP - IF YOU DON'T USE ALL THE CHICKEN FOR YOUR BURGERS, KEEP IT FOR SALDS, SANDWHICHES, SOUPS ETC. THE NEXT DAY.