



CHICKEN SATAY BURGERS

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

INGREDIENTS

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

OPTIONAL EXTRAS:

CHEESE SLICES
POTATO WEDGES
CUCUMBER
CHILLI - FRESH OR DRIED FLAKES
COLESLAW

RECIPE ON REVERSE SIDE.

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



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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.

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, SANDWICHES, SOUPS ETC. THE NEXT DAY.