

Satay lemongrass chicken with banana blossom salad

By Shannon Bennett

2 hours, 20 minutes

12 minutes

6-8

Serves



INGREDIENTS

500g chicken thigh fillets,
cut into thin strips

Marinade

10g Murray River Sea Salt
1 stem lemongrass, finely
chopped, white part only
10g long red chilli, finely
chopped
10g fresh turmeric, peeled
and finely grated
1 garlic clove, minced
3 small Thai shallots,
minced
1 tablespoon canola oil
1 tablespoon fish sauce
2 teaspoons caster sugar
270ml coconut cream

Banana Blossom Salad

1 banana blossom leaf,
washed
75g green paw paw, peeled
and cut into matchstick size
30g bean sprouts,
de-bearded
2 large red chillies, thinly
sliced
2 spring onions, thinly
sliced on the diagonal
1 Lebanese cucumber,
quartered, sliced on the
diagonal
30g roasted peanuts,
crushed
2 teaspoons sesame
seeds, toasted
½ cup picked coriander
leaves
½ cup picked mint leaves
½ cup picked Vietnamese
mint leaves, torn
1 tablespoon banana
blossom dressing
1 lime cheek

Banana Blossom Dressing

¼ cup sugar
65ml coconut water
65ml rice vinegar
1½ tablespoons lime juice
65ml fish sauce
125ml vegetable oil
2½ teaspoons dried chilli
flakes

METHOD

Marinade

1. Place all marinade ingredients in the bowl of a food processor and blitz to a creamy paste.
2. Marinate the chicken in the paste for at least 2 hours, covered, in the refrigerator.
3. Pre-heat oven on Fan Grill at 200°C.
3. Thread chicken onto bamboo skewers and place on a grilling and roasting insert set on a multi-purpose tray.
4. Place on shelf position 5 and cook for approximately 12 minutes, depending on the thickness of the chicken.

Dressing

1. Combine all dressing ingredients in a screw top jar and shake well.

Salad

1. Combine all salad ingredients in a bowl.
2. Polish banana blossom petals and banana leaf

To Serve

1. Sit skewers on polished banana leaf. Garnish with spring onion slices. Place a lime cheek to the side.
2. Sit salad in blossom leaf and serve extra dressing on the side.