

Satay Chicken and Chilli Fried Kale

This is a very tasty and healthy stir fry. The only thing I use that's not the healthiest in this recipe is a little soy sauce. I just cannot find anything to use as an alternative that gives the same depth of flavour and hey, its 2 tablespoons in a recipe that serves 4-6 people!! I can live with that. If you want to be really good then just leave it out altogether 😊

- 2 tablespoons meridian peanut butter (I used a spoon of smooth and a spoon of crunchy. Go with whatever you prefer)
- 2 tablespoons soy sauce (again I used a spoon of dark for colour and a spoon of light for flavour)
- 2 cloves garlic, crushed
- Inch piece of fresh ginger, sliced very thinly
- 2 teaspoon coconut oil (optional to fry the kale in)
- 2 tablespoons sesame oil
- Teaspoon chilli flakes
- 4 large handfuls of kale, stalks removed
- 6 chicken breasts
- 1 red pepper,
- 1 yellow pepper
- Half red onion, sliced
- Half white cabbage, sliced thinly
- 200g bean sprouts
- And any other veg of your choice 😊

In a bowl, mix the sesame oil, peanut butter, soy sauce, garlic, ginger and 2 tablespoons of warm water to loosen up the mix. Leave to one side.

Slice the chicken and fry in a small amount of coconut oil. Once it has almost cooked through, add all of the vegetables and cook for another 2 mins. I like my veg to be still crunchy so cook for longer if you prefer. One minute before you've finished cooking. Pour on the sauce. Heat the remaining coconut oil in another pan and throw in the kale and chill flakes. Continue to stir both pans for this last minute.

Perfect as it is but you can serve this with some cooked quinoa or buckwheat if you're very hungry!!