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## SATAY CHICKEN WRAPS

Prep: 45min – Serves 4 - Easy

100g quinoa  
230ml chicken stock

*For the satay sauce:*

½ bunch coriander  
½ red chili  
1 garlic clove  
3 tbsp peanut butter  
1 tbsp soy sauce  
2 tsp ginger paste  
juice of 2 limes  
½ tsp sugar

1 chicken breast  
¼ iceberg lettuce  
½ cucumber  
12 cherry tomatoes

1. Preheat the oven to 200°C fan.
2. Start by cooking the quinoa: Put the quinoa into a sieve and rinse under a running tap. Put into a saucepan with 230ml of chicken stock. Cover and bring to the boil, then cook for 12 minutes. After 12 minutes, uncover and cook for another 5 minutes until all the liquid has been absorbed. Set aside.
3. Meanwhile, make the satay sauce: roughly chop the coriander and put into a blender. Cut open and deseed the chili (or keep the seeds if you like it spicy) and add to the blender.
4. Peel the garlic clove and add to the blender with the peanut butter, soy sauce, ginger paste, lime juice and sugar.
5. Blend everything into a smooth paste.
6. Cut the chicken into cubes and mix with a generous tablespoon of satay sauce.
7. Line the meat onto two skewer and season with salt.
8. Place the meat skewers onto a wire rack over a roasting tin. This allows the meat to dry-roast and the roasting tin below catches the juices.

9. Roast in the preheated oven for 20 minutes.
10. Cut the chicken into bitesized pieces.
11. Microwave a tortilla wrap for 5-10 seconds to make it softer and easier to fold. Lay the tortilla out in front of you and put a handful of chopped iceberg salad alongside the middle, leaving about 3cm border on each side. Top the salad with quinoa, then drizzle with a bit of satay sauce. Top with grilled chicken pieces and finish by adding a bit more iceberg salad on top.
12. Fold in the left and right sides of the tortilla, then roll up the bottom edge of the tortilla over the mixture, tucking it into the wrap. Cut the wrap in half and serve.

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