

Peanut (Satay) Sauce

A very quick sauce made with store cupboard ingredients. It can be used as a pour over sauce on rice with veg and meat, or thicker as a dipping sauce for a barbeque.

Fresh garlic and ginger
Peanut butter 1 jar
Soya sauce 3 tablespoons
Water

Gently fry a little chopped garlic and ginger in some oil
If you like a bit of heat you can add a little chopped fresh chilli, or a pinch of cayenne pepper
Empty in a jar of peanut butter and 3 tablespoons of soya sauce and 3 tablespoons water.
Mix well on a gentle heat – it will thicken as it warms. It does not need to boil (and it will stick horribly to the pan if it does!)

Add more water until it is the right degree of thickness for you. If you like you can use coconut milk and a little lemon juice instead of some of the water