



Stir fried quinoa with Thai style chicken satay and peanut sauce



Chef Lorenzo Rosso (Thailand)

Serves: 4

Ingredients:

For the stir fried quinoa

½ cup white quinoa
1½ cups chicken stock
2 tbsp onion, finely chopped
1 tbsp carrot, diced
1 tbsp cucumber, diced
2 tbsp butter
2 tbsp coriander leaf (cilantro)
Kosher salt

For the chicken satay

450 g chicken breast
1 tbsp curry powder
2 tbsp light coconut milk
1 tbsp sugar
1 tbsp fish sauce

For the peanut sauce

3 tbsp ground peanuts
1 tbsp red curry paste
1 tbsp vegetable oil
1 tbsp fish sauce
2 tbsp palm sugar
3 tbsp light coconut milk

Preparation:

- Rinse the quinoa.
- In a heavy-bottomed saucepan, melt the butter over low heat.
- Add the finely chopped onion and the diced carrot and cucumber. Cook for a few minutes or until the onion is translucent.
- Add the chicken stock, salt to taste and bring to the boil.
- Slowly stir in the quinoa and reduce the heat to a very low simmer.
- Cover and cook for 15 minutes or until all the liquid has been absorbed.
- The tiny 'tails' of the quinoa seeds will uncoil when the quinoa is fully cooked.
- Remove from heat and let stand, covered, for 5 minutes.
- Add the coriander just before serving.
- Meanwhile prepare the chicken satay. Cut the chicken into thin strips and marinate with curry powder, coconut milk, sugar and fish sauce.
- Make the satay by threading the chicken pieces onto bamboo skewers.
- Grill until well done, making sure the chicken is kept juicy and moist on the inside.
- To prepare the peanut sauce, heat the vegetable oil on low heat in a heavy-bottomed saucepan.
- Add the curry paste and stir for one minute.
- Add the ground peanuts and coconut milk. Simmer gently until the sauce has reduced by half.
- Season to taste with palm sugar and fish sauce.
- Serve by placing the stir fried quinoa on a large dish, surrounded by the chicken skewers. Sprinkle with fresh coriander and serve with the peanut sauce.

