

Satay lemongrass chicken with banana blossom salad

By Shannon Bennett

2 hours, 20 minutes

Preparation time

12 minutes

Cooking time

6-8 servings

Serves



INGREDIENTS

500 g chicken thigh fillets, cut into thin strips

Marinade

10 g Sea Salt

1 stem lemongrass, finely chopped, white part only

10 g long red chilli, finely chopped

10 g 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

270 ml coconut cream

Banana Blossom Salad

1 banana blossom leaf, washed

75 g green paw paw, peeled and cut into matchstick size

30 g 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

30 g 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

65 ml coconut water

65 ml rice vinegar

1½ tablespoons lime juice

65 ml fish sauce

125 ml vegetable oil

2½ teaspoons dried chilli flakes

To Serve

4 dark banana blossom petals

2 banana leaves, cut into rounds to fit the centre of the plate

4 lime cheeks

1 spring onion, thinly sliced on the diagonal

Miele Accessories

Grilling and roasting insert

Universal tray

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.
4. Thread chicken onto bamboo skewers and place on a grilling and roasting insert set on a universal tray.
5. 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.