

Recipe: The Satay Boy's Crunchy Skewers (V)

Main dish

A vegetarian version of satay – these skewers are made of grilled vegetable and tofu served with yummy peanut sauce and mixed brown rice ball.

Preparation time: 45 minutes

Cooking time: 15 minutes

Serves: 13 children

Per serving = 2 sticks of satays, 1 pc of rice ball and a bowl of peanut sauce

Ingredients A:

- Zest of 2 large limes
- 4 cilantro stalks with their leaves, chopped
- 4 cloves of garlic, minced

Ingredients B:

- 200 ml reduced fat coconut milk
- 30g canola oil*
- 20g curry powder
- 30g sugar
- 45g light soy sauce*
- 5g salt

- 1 small red pepper, cut into bite-size pieces
- 1 small green pepper, cut into bite-size pieces
- 2 medium onions, cut into bite-size pieces
- 7 baby corns, cut into bite-size pieces
- 7 button mushrooms, quartered
- 1 block of tau kwa*, cut into cubes
- 26 cherry tomatoes

Ingredients C (Peanut sauce):

- 130g chunky peanut butter*
- 60 ml warm water
- 45g light soy sauce*
- 30g brown sugar
- 30 ml lime juice
- 20g finely minced ginger
- 15g finely minced garlic

Ingredients D (Rice cake):

- 780g cooked mixed red & brown rice*

- 26 satay skewers
- 30g canola oil* (for the griddle)



Nutrition Information

(Per serving): 230g

Energy 167 kcal

Protein 5.0 g

Total fat 6.2 g

Saturated fat 2.6 g

Carbohydrates 22.5 g

Dietary fibre 2.9 g

Sodium 259 mg

Cost per serving \$0.90



* Choose products with the Healthier Choice Symbol

Methods

1. In a mortar and pestle, combine ingredients A to make a paste.
2. Combine this paste with ingredients B in a large zip lock bag.
3. Add in all the vegetables and tau kwa and shake gently to coat with marinade. Leave to marinate in the fridge, turning it from time to time, for at least 30 mins.
4. Mix ingredients C together until the peanut butter is dissolved. Set aside.
5. Using a piece of cling wrap, scoop 60 g of cooked rice, place it in the middle of the wrap, wrap it and shape it into a ball. Make 13 rice balls and set aside.
6. To make the sticks of satay, thread 1 pc of each type of vegetables and 1 pc of tau kwa per skewer.
7. Heat an oiled griddle over medium-high heat.
8. Place the sticks of satay on the griddle and grill them by turning over, until they are browned on all the sides, approx. 10 minutes.
9. Serve with a wholegrain rice ball and a small bowl of peanut sauce as the dip.

Assembly

10. To make a pirates' trail to 'X that marks the spot', arrange the sticks of satay to make a cross.
11. Make round eyes with the leftover green capsicum and smiling mouth with the red capsicum.
12. Flatten the mixed rice ball into a round disk and arrange the eyes and mouth on top.
13. Using a chopstick, dip into the satay sauce and make dots from the rice to the 'X' in a S trail.

Tips:

- 4 kaffir lime leaves, veins removed can be used as a substitute for the zest of 2 large limes.
- Cook the wholegrain rice with a little more water to make it moist. Let it cool completely before making the rice balls.