

Low Carb Pseudo-Satay Chicken and Quick Almond Butter Dipping Sauce

Ingredients

- 1 lb chicken breasts (organic and pastured, right?)
- 2 T bragg's liquid aminos (divided!
Or tamari or soy sauce...)
- 1/2 lime (juice from 1/2 lime or a little less)
- 1/2 T coconut oil ((for the pan))
- 1 t toasted sesame oil (yum!)
- 2 T almond butter (your favorite unsalted variety)
- 2 T water (adjust as necessary)
- 1/2 t curry powder (your favorite kind)

Instructions

This chicken and sauce combination is great to make ahead. Sometimes I intend to make it ahead, but then end up eating it all at once. Oops. The quantities given in the ingredient list are a rough guide, and there's a lot of room for customization and personalization with this recipe. Sometimes if I have run out of limes, I'll use the equivalent amount of rice wine vinegar in place of the lime juice.

First, you can season the chicken and let it marinate in the the refrigerator, or you can actually just season it and then begin to cook it. Today for example, I just made it without waiting:

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First I sprinkled both sides of the chicken breasts with 1 tablespoon of Bragg's liquid aminos. Then dusted each side with a little of the curry powder. I like to make sure that the curry is evenly distributed on both sides too. Add the coconut oil to a cast iron skillet and gently bring it to medium heat. Pan fry the chicken breasts until they are a little crisp on the outside, the juices are running clear and the internal temperature has reached 165 degrees Fahrenheit. Admittedly I cook this sort of thing so often, that I eyeball it - and use my "pansurfing" method that involves occasionally putting a lid on it so that it steams up in there for faster cooking. Makes the chicken juicy too.

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While the chicken is finishing up, you can make the sauce.

I like to make the sauce in a small spouted measuring cup - add the almond butter, the 1 remaining tablespoon of Bragg's, the lime juice, toasted sesame oil, and water. Mix well until all combined - it should have a lighter color and is almost pourable. Taste and adjust seasonings to your preferences. Please note that you can also further dilute this sauce and use it as a salad dressing too! Just add a few tablespoons of a 50/50 water and rice wine vinegar blend.

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The cooked chicken can then be cut into strips and drizzled with sauce, though sometimes I like to "dunk" the chicken slices as I did this afternoon right in the kitchen! This chicken is great cold and leftover, but you can also use it in collard wraps with the sauce and sliced veggies like carrots, bell pepper, etc. It's also very good on top of kelp noodles which have been tossed in the "dressing" version of the sauce - the lime juice and rice wine vinegar will soften the noodles as well. If you haven't already figured it out, I make this a lot!

Here are 2 videos from Instagram related to this recipe:

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Chicken:


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Low Carb Pseudo-Satay Chicken and Quick Almond Butter Dipping Sauce

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Sauce:

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Did you make your own modified version? Let us
know how it went in the comments below! :)