

Tender Pesto and yoghurt Chicken Sates..



Ingredients:

- 8 Elgin Freerange chicken fillets
- 1 small tub of bulgarian or greek yoghurt +/- 200-250ml
- 2 teaspoons basil pesto
- 1 cup flour
- chicken spice
- medium length sate / sosatie sticks

- Slice the chicken fillets in half lengthways, and half again (see pic)
- Spice well with chicken spice, salt and pepper
- Roll the fillets in flour and pack on plate in one flat layer
- Mix the yoghurt and pesto, it should have a light green colour
- Flash fry the chicken fillets in a hot pan with a little bit of canola oil
- Secret 1 - FLASH FRY, they must be JUST cooked but brown, if you overcook them they will be tough... Remember they still cook a bit afterwards while resting.
- Secret 2 - remove the cooked fillet from the pan with a tongue and in one movement "dunk" the hot fillet into the pesto yoghurt and leave on a chopping board to rest. The magic happens when the crisp hot fried flour around the chicken fillet hits the cold yoghurt... It will leave you with a juicy soft chicken fillet...
- Skewer onto the sticks....

HOT OIL, DON'T OVERCOOK, DUNK FILLETS STRAIGHT FROM THE HOT PAN, REST

"at a later stage I will blog the same recipe, but use it for a lovely pesto chicken pasta..."

Thanks to Evelyn Rust for sharing the delicious recipe with me....

Recipe card from the kitchen of



hanliegreen.com