

## SPICY SATAY DIP

**Preparation Time:** 30 - 40 minutes depending on amounts

<b>Serving Size:</b>	<b>Serves 2</b>	<b>Serves 4</b>	<b>Serves 6</b>	<b>Serves 8</b>
<b>Ingredients:</b>				
Cumin, dried	¼ tsp.	½ tsp.	¾ tsp.	1 tsp.
Peanut oil	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Onion, finely chopped	1 Baby	2 Baby	1 Small	1 Medium
Garlic, crushed	1 Clove	2 Cloves	3 Cloves	4 Cloves
Ginger, fresh, finely chopped	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Red chili, deseeded, finely chopped	½ Medium	1 Medium	1 ½ Medium	2 Medium
Peanuts, unsalted, roasted, peeled	¼ Cup	½ Cup	¾ Cup	1 Cup
Soy sauce, low sodium	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Water, hot	¼ Cup	½ Cup	¾ Cup	1 Cup
Fresh coriander, finely chopped	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.

*Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.*

### Instructions:

- Heat the cumin in a pan, and then add the peanut oil, onion and garlic. Sauté for 5 - 10 minutes before adding the ginger and chili. Sauté for a further 5 - 10 minutes.
- Remove the pan from the heat, allow to cool, and pour into a blender. Add the remaining ingredients and blend until smooth.
- Serve with vegetable crudités and enjoy.
- Serve as a dip with vegetable crudités or mini chicken kebabs.

### Tips to Reduce Preparation & Cooking Time:

- Prepare additional spicy satay dip and store covered in the fridge for up to three days.
- Buy already crushed garlic and ginger.
- Buy already roasted peanuts.
- Use dried herbs instead of fresh herbs.

<b>Spicy Satay Dip - Analysis per Serving</b>	
<b>Energy:</b>	
Calories (kcal):	184
<b>Protein (g):</b>	6.6
<b>Total Fat (g):</b>	16.4
Saturated Fat (g):	2.4
Monounsaturated Fat (g):	5.6
Polyunsaturated Fat (g):	3.6
<b>Omega-3's (g):</b>	0.0
<b>Cholesterol (mg):</b>	0.0
<b>Carbohydrates (g):</b>	5.4
Of which is sugars (g):	0.0
<b>Fiber (g):</b>	2.1
<b>Sodium (mg):</b>	287.0