

Low-Carb Chicken Skewers with Spicy Almond & Tahini Satay

Hands-on 20 minutes Overall 1 hour

Nutritional values (per serving, 2 skewers): Total carbs: 7.2 g, Fiber: 2.5 g, **Net carbs: 4.7 g**,

Protein: 22.9 g, Fat: 19.1 g, Calories: 299 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 3 servings, 6 skewers)

Chicken:

- 6 chicken thighs (300 g/ 10.6 oz)
- 2 garlic cloves, peeled and crushed
- 2 1/2-inch piece grated fresh ginger (20 g/ 0.7 oz)
- 1 tsp paprika
- 1/2 tsp ground coriander
- 1 tsp fresh lime zest
- 1/2 tsp saffron
- 1 tbsp extra virgin olive oil
- pinch sea salt and pepper

Spicy satay dipping sauce:

- 1 heaped tbsp almond butter (32 g/ 1.1 oz)
- 1/2 clove garlic
- 1 tbsp tahini (16 g/ 0.6 oz)
- 1 tbsp coconut aminos
- 2 tbsp full-fat coconut milk (30 ml)
- 1 tbsp grated ginger (6 g/ 0.2 oz)
- 1/2 small chilli, finely diced
- 1 tbsp fresh lime juice

Optional for garnish:

- lime wedges
- fresh parsley to taste

Instructions

1. Place all the marinade ingredients in a bowl and mix well. Coat the chicken with the marinade and allow to rest for ideally 2 hours or overnight. If you're in a rush you can use it straight away. The flavour just tastes better if you let the flavours absorb into the

chicken.

2. If BBQ'ing thread the chicken thighs onto skewers and grill for approximately 40 - 50 minutes on a medium heat so they don't burn on the outside, turning regularly, until thoroughly cooked through. Alternatively you can cook in the oven (200 °C/ 400 °F fan assisted) for about 25 - 30 minutes, turning half way through to ensure even cooking, or in a griddle pan. If using wooden skewers, soak them for 20 minutes in water first to make sure the sticks don't burn.
3. For the Keto satay sauce, finely dice the chilli. Add all the satay ingredients to a small bowl and mix well. Taste and adjust the seasoning and spicing to your liking.
4. Serve the chicken skewers with a drizzle of satay sauce and top with a sprinkling of chopped fresh parsley and a touch more lime if you fancy. Try with [Easy Summer Vegetable Salsa](#) or

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