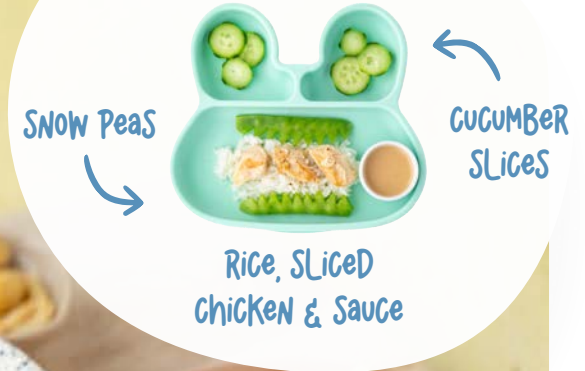




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# Baked Satay Chicken

Oven-baked peanut chicken served over lemongrass jasmine rice with crunchy snow peas and cucumber.

 30 Minutes

 2 Servings

 Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	50g	67g

## FROM YOUR BOX

PEANUT BUTTER	2 x 20g
COCONUT MILK	165ml
LIME	1
DICED CHICKEN BREAST	300g
JASMINE RICE	150g
LEMONGRASS	1
LEBANESE CUCUMBER	1
SNOW PEAS	150g
PEANUTS	60g

## FROM YOUR PANTRY

soy sauce, sugar (of choice)

## COOKING TOOLS

saucepan x 2, oven dish

Marinate chicken in honey and soy sauce. Thread onto skewers and grill or bake in the oven. Serve with rice, satay sauce and fresh salad.

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. Make the Satay Sauce

Set oven to 220°C. Place **peanut butter, coconut milk, 1/4 cup water** and **juice from 1/2 lime** in a small pan. Heat, stirring, until combined. Season with **1 tbsp soy sauce** and **1 tsp sugar**.

**tip** Add lime zest or 1 tbsp sweet chilli sauce to satay for extra flavour!



### 4. PREPARE the TOPPING

Meanwhile, dice **cucumber**, trim and slice **snow peas**. Wedge remaining **lime**.

**tip** Add any other fresh veggies of choice such as capsicum, tomatoes or carrots!



### 2. Bake the Chicken

Place **chicken** in a lined oven dish. Pour over **half of the satay sauce**, toss to coat. Bake for 20 minutes or until golden and cooked through.

**tip** You can grill the chicken and serve the sauce on the side if you prefer.



### 5. FINISH AND SERVE

Serve baked **satay chicken** with **jasmine rice**, remaining **satay sauce** and **lime wedges**. Scatter over **fresh toppings** and **peanuts**.

**tip** Add a drizzle of chilli or sweet chilli sauce for some extra flavour!



### 3. Cook the Rice

Place **rice** in a pan, cover with **275ml water**. Bruise and add **lemongrass**. Bring to a boil. Cover and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir with a fork.

**tip** Halve and bruise lemongrass with a rolling pin or similar to release the flavours!