



FOR the
Little ONES

CRUNCHY
Veggies

Satay
Sauce

Chicken
Skewers & Rice

Satay Chicken

Grilled chicken tenderloins served with sticky rice, veggie sticks, homemade satay sauce and finished with crunchy peanuts.

 30 Minutes

 2 Servings

 Chicken

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review. **Something not right?** Text us on **0448 042 515** or email hello@dinnertwist.com.au

FROM YOUR BOX

SUSHI RICE	150g
PEANUT BUTTER	2 x 20g
COCONUT MILK	165ml
LIME	1
CHICKEN TENDERLOINS	300g
LEBANESE CUCUMBER	1
RED CAPSICUM	1
PEANUTS	40g

FROM YOUR PANTRY

oil for cooking (sesame or other), soy sauce, sweet chilli sauce

COOKING TOOLS

saucepan (or rice cooker), small saucepan, griddle pan or BBQ

Stir-fry the chicken and capsicum with some soy sauce. Serve over rice with satay sauce and peanuts.

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. COOK the Sushi Rice

Rinse **sushi rice** and place in a saucepan with **325ml water**. Bring to a boil, then reduce the heat to medium-low. Cover and cook for 20 minutes, until **rice** is tender and water absorbed. Fluff with a fork.

tip Use a rice cooker if you have one!



4. PREPARE the Veggie Sticks

In the meantime, cut **cucumber** and **capsicum** into veggie sticks.



2. Make the Sauce

Place **peanut butter**, **coconut milk** and **juice** from **1/2 lime** in a small saucepan. Heat, stirring until well combined. Season with **1/2 tbsp soy sauce** and **1 tbsp sweet chilli sauce**. Take off heat.

tip Add 1-2 tbsp water to loosen the sauce slightly if you like.



5. FINISH AND SERVE

Serve sticky **rice** with grilled **chicken**, **satay sauce**, **veggie sticks** and **remaining lime** cut into wedges. Roughly chop **peanuts** and sprinkle on top.

tip Thread chicken onto skewers for serving if you like.



3. GRILL the Chicken

Heat a griddle pan or BBQ with **oil** over medium-high heat. Season **chicken** with **1 tbsp soy sauce**. Cook for 6-8 minutes on each side or until cooked through.