



FOR the
Little ones



Baked Satay Chicken

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

30 Minutes

4/6 Servings

Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	49g/59g	31g/42g	71g/76g

FROM YOUR BOX

	4 PERSON	6 PERSON
PEANUT BUTTER	2 x 20g	4 x 20g
COCONUT MILK	165ml	2 x 165ml
LIME	1	2
DICED CHICKEN BREAST	600g	600g + 300g
JASMINE RICE	300g	300g + 150g
LEMONGRASS	1	1
LEBANESE CUCUMBERS	2	3
SNOW PEAS	150g	2 x 150g
PEANUTS	60g	2 x 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! Wash your veggies and set out all ingredients, 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**.

6P – use juice from 1 lime, 2 tbsp soy sauce and 2 tsp sugar.



4. Prepare the topping

Meanwhile, dice **cucumbers**, 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 **550ml 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.

6P – cover rice with 775ml water.

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