

for the
little onesCRUNCHY
VeggiesSatay
SauceChicken
Skewers & Rice

Satay Chicken

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



30 Minutes



4 Servings



Chicken

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FROM YOUR BOX

SUSHI RICE	300g
PEANUT BUTTER	2 slugs
COCONUT MILK	165ml
LIME	1
CHICKEN TENDERLOINS	600g
LEBANESE CUCUMBER	1
RED CAPSICUM	1
YELLOW CAPSICUM	1
PEANUTS	1 packet

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 capsicums 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 **650ml 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 **capsicums** 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.