

for the  
little onesCRUNCHY  
VeggiesSatay  
SauceChicken  
Skewers & Rice

# Satay Chicken

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



30 Minutes



4/6 Servings



Chicken

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## FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
PEANUT BUTTER	2 x 20g	4 x 20g
COCONUT MILK	165ml	2 x 165ml
LIME	1	2
CHICKEN TENDERLOINS	600g	600g + 300g
LEBANESE CUCUMBER	1	2
RED CAPSICUM	1	2
YELLOW CAPSICUM	1	2
PEANUTS	2 x 40g	3 x 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 capsicums with some soy sauce. Serve over rice with satay sauce and peanuts.

### Before you start cooking!

Wash your veggies and set out all ingredients, 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.

**6P – Use 975ml water to cook the rice.**



### 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.

**6P – Use juice from 1 lime, 1 tbsp soy sauce and 2 tbsp sweet chilli sauce.**



### 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.



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.

**6P – Season chicken with 2 tbsp soy sauce.**