



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Satay sauce


This week, the menu features a sure family favourite; satay sauce with cashews from Gourmetchef, full of nuts, herbs, spices, and flavour. If you can't get enough, grab another bottle on our online marketplace!



2 Cashew Satay Chicken

Delicious satay sauce, crunchy cashew nuts, and tender free-range chicken served over basmati rice. Yes please!

 30 minutes

 4 servings

 Chicken

13 July 2020

Keep it separate

If cooking for fussy eaters, you can fry the veggies and the chicken separately. You can also make the satay-coconut sauce on the side if you prefer.

FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
CHICKEN STIR-FRY STRIPS	600g
RED CAPSICUM	1
BROCCOLI	1
SATAY SAUCE	1 bottle
COCONUT MILK	165ml
LIME	1
ROASTED CASHEW NUTS	1 packet (50g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking), soy sauce, ground cumin

KEY UTENSILS

saucepan, large frypan or wok

NOTES

Use rice tub to easily measure right amount of water.

Add some fresh chilli or chilli sauce when serving.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. FRY THE ONION & CHICKEN

Heat a large frypan or wok with oil over medium-high heat. Slice and add onion. Cook for 5 minutes. Increase heat to high, add 1 tsp cumin and chicken. Cook, stirring occasionally, for 4-5 minutes.



3. ADD THE VEGETABLES

Slice capsicum and cut broccoli into small florets, adding to pan as you go. Reduce heat to medium, add satay sauce, coconut milk and 1 tin water. Cover and simmer for 10 minutes.



4. SEASON THE SATAY

Zest lime and add to sauce with 1/2 the juice (wedge remaining) and soy sauce to taste (we used 1 tbsp).

Roughly chop cashews.



5. FINISH AND PLATE

Divide rice between bowls. Top with chicken and vegetables. Sprinkle with cashews and add a wedge of lime on the side.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

