DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Peanuts

Peanuts are a great source of protein. They also contain other healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.
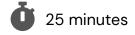
Lime and Peanut Satay Chicken

with Noodles

Creamy and zingy lime and peanut satay sauce served with chicken tenderloins, stir-fried veggies, noodles and fresh red chilli!

🕐 25 minutes   🍴 4 servings   🍗 Chicken

20 January 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	29g	99g

FROM YOUR BOX

TINNED COCONUT MILK	400ml
ROASTED PEANUTS	1 packet (80g)
LIME	1
NOODLES	2 packets
CARROTS	2
ASIAN GREENS	1 bunch
GREEN CAPSICUM	1
CHICKEN TENDERLOINS	600g
RED CHILLI	1

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), sweet chilli sauce

KEY UTENSILS

large frypan, saucepan, stick mixer or small blender

NOTES

Some crushed garlic on the chicken would be a great addition!

Remove seeds from chilli for a milder flavour.

1. MAKE THE SATAY SAUCE

Bring a saucepan of water to a boil.

Blend coconut milk, peanuts, zest and juice from 1/2 lime (wedge remaining), **1 1/2 tbsp sweet chilli sauce** and **1 1/2 tbsp soy sauce** with a stick mixer until smooth.

2. COOK THE NOODLES

Add noodles to boiling water. Cook according to packet instructions or until al dente. Drain and rinse with cold water.

3. STIR-FRY THE VEGGIES

Heat a frypan over medium-high heat with **oil.** Thinly slice carrots. Add to pan and cook for 3 minutes. Halve Asian greens and slice capsicum. Add to pan and cook, tossing occasionally, for a further 5 minutes. Season with **1/2-1 tbsp soy sauce** and **pepper.** Remove from pan.

4. COOK THE CHICKEN

Coat chicken in **1 tbsp soy sauce** and **pepper** (see notes). Add to pan (add extra **oil** to pan if necessary) and cook for 4-5 minutes each side.

5. ADD THE SATAY SAUCE

Return noodles to saucepan. Add satay sauce and cook for 2-3 minutes to warm.

6. FINISH AND SERVE

Thinly slice chilli (see notes).

Divide noodles among plates. Serve with stir-fried veggies and chicken. Spoon over any remaining satay sauce and garnish with red chilli.

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**