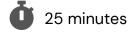




Satay Chicken Meatballs

with Noodles

Homemade chicken meatballs served with stir-fried vegetables, tossed in a zingy peanut satay sauce served over rice vermicelli noodles.







Spice it up!

If you dare, substitute the sweet chilli sauce in the satay for sambal oelek or garnish the finished dish with slices of red chilli.

PROTEIN TOTAL FAT CARBOHYDRATES

53g 38g

153g

FROM YOUR BOX

NOODLES	1 packet
TINNED COCONUT MILK	165ml
PEANUTS	1 packet (60g)
LIME	1
CHICKEN MINCE	300g
RED CAPSICUM	1
ASIAN GREENS	2 bulbs
BEAN SHOOTS	1 bag

FROM YOUR PANTRY

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

KEY UTENSILS

2 frypans, saucepan, stick mixer (or small blender)

NOTES

Add 1-2 tbsp peanut butter to satay sauce for an extra rich flavour.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to packet instructions or until tender. Drain and rinse thoroughly.



2. MAKE THE SATAY SAUCE

Blend together coconut milk, peanuts, zest and juice from 1/2 lime (wedge remaining), 1 tbsp sweet chilli sauce and 1 tbsp soy sauce (see notes) until smooth.



3. COOK THE MEATBALLS

Season chicken mince with **salt and pepper**. Heat a frypan over medium-high heat with **oil**. Add tablespoonfuls of mince to pan and cook for 2-4 minutes each side until they begin to brown. Pour in satay sauce and simmer for 3 minutes.



4. COOK THE VEGETABLES

Heat a second pan over medium-high heat with **oil**. Thinly slice capsicum and Asian greens. Add to pan as you go. Cook for 2-3 minutes until vegetables are tender.



5. FINISH AND SERVE

Divide noodles among bowls. Top with chicken meatballs, veggies and satay sauce. Garnish with bean shoots and serve with lime wedges.



