



### 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.



## F2 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.

 25 minutes

 2 servings

 Chicken

12 August 2022

### 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.*

Per serve: **PROTEIN** 53g **TOTAL FAT** 38g **CARBOHYDRATES** 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.

**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**

