



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.



F4 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

 4 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** 43g **TOTAL FAT** 34g **CARBOHYDRATES** 80g

FROM YOUR BOX

NOODLES	1 packet
TINNED COCONUT MILK	400ml
PEANUTS	1 packet (60g)
LIME	1
CHICKEN MINCE	600g
RED CAPSICUM	1
ASIAN GREENS	1 bunch
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 1/2 tbsp sweet chilli sauce** and **1 1/2 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**

