



Product Spotlight: Sushi rice

Sushi rice is a high-quality short-grain rice that is sticky and slightly sweet. We love pairing it with char-grilled meat and a fresh crunchy salad!



Grilled Satay Chicken with Sticky Rice

Barbecued chicken thigh fillets and a fresh mint salad with bean shoots served on a bed of sticky sushi rice and finished with a creamy cashew satay sauce.



25 minutes



4 servings



Chicken

Switch it up!

If preferred, you can dice and thread the chicken onto skewers before cooking on the barbecue! The salad is also delicious with some fresh mango and red chilli!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	16g	31g

FROM YOUR BOX

SUSHI RICE	300g
CHICKEN THIGH FILLETS	600g
SATAY SAUCE	1 bottle
TOMATOES	2
LEBANESE CUCUMBER	1
MINT LEAVES	1 packet
BEAN SHOOTS	1 bag
LIME	1

FROM YOUR PANTRY

salt, sesame oil

KEY UTENSILS

griddle pan or BBQ, saucepan

NOTES

You can use soy sauce instead of salt to season the chicken if preferred!

The cashew satay sauce can be spicy. You can add coconut milk instead of water, or thin the sauce out with more water to make it milder.

Any leftover satay sauce is great served as a dipping sauce for veggie sticks!



1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with 1.5 x water. Cover and bring to a boil. Reduce heat immediately to medium. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



2. COOK THE CHICKEN

Heat a griddle pan or BBQ over medium-high heat. Coat chicken with 1/4 cup satay sauce, **1 tbsp sesame oil** and **salt** (see notes). Cook for 6-8 minutes each side or until cooked through.



3. PREPARE THE SALAD

Chop tomatoes, slice cucumber and pick mint leaves. Toss together with bean shoots, zest and juice from 1/2 lime (wedge remaining). Set aside.



4. PREPARE THE SAUCE

Combine remaining satay sauce with **1/4 cup water** to loosen (see notes).



5. FINISH AND SERVE

Divide rice, chicken and salad among bowls. Serve with remaining cashew sauce (to taste) and lime wedges.



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