



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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
4/6 Person:	46g	21g	85g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
CHICKEN THIGH FILLETS	600g	600g + 300g
SATAY SAUCE	1 bottle	1 bottle
TOMATOES	2	3
LEBANESE CUCUMBER	1	2
MINT LEAVES	1 packet	1 packet
BEAN SHOOTS	1 bag	1 bag
LIME	1	2

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 **650ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.

6P – place rice in a saucepan with 975ml water.



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.

6P – toss together with bean shoots, zest and juice from 1 lime (wedge remaining).



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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