

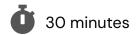




# **Satay Chicken Skewers**

## with Cucumber Chilli Salad

Chicken tenderloins cooked with homemade satay sauce, served over coconut brown basmati rice with a fresh and zingy ribboned cucumber and chilli salad.







# Spice it down!

Chilli can be divisive! Omit chilli for those who don't like it, or remove seeds from chilli for a milder heat.

TOTAL FAT CARBOHYDRATES

35g

52g

#### **FROM YOUR BOX**

BROWN BASMATI RICE	150g
TINNED COCONUT MILK	400ml
GINGER	1 piece
LIME	1
PEANUT BUTTER	2 tubs
CHICKEN TENDERLOINS	300g
LEBANESE CUCUMBER	1
CORIANDER	1 packet
RED CHILLI	1
BEAN SHOOTS	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, skewers (optional), soy sauce (or tamari)

#### **KEY UTENSILS**

large frypan, saucepan, stick mixer or small blender

#### NOTES

You can also peel and grate the ginger instead of blending the sauce if preferred. Otherwise, for a smoother sauce you can blend it.

Use coconut oil to cook the chicken for extra fragrance if you have some.





#### 1. MAKE THE COCONUT RICE

Place **rice** and **1/2 tin coconut milk** (reserve remaining for step 2) in a saucepan. Add **1/2 cup water** and a pinch of **salt**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



#### 4. COOK THE CHICKEN

Heat a large frypan (see notes) over medium-high heat with **oil**. Add **chicken** to pan and cook for 4-5 minutes each side until **chicken** is cooked through.



#### 2. MAKE THE SATAY SAUCE

Peel and roughly chop ginger (see notes). Blend together with lime zest, juice from 1/2 lime (wedge remaining), reserved coconut milk, peanut butter and 2 tbsp soy sauce using a stick mixer or blender. Blend to a smooth paste.



#### 3. PREPARE THE CHICKEN

Coat **chicken** with <u>1 tbsp satay sauce</u>. Thread onto **skewers** (optional).



### 5. MAKE CUCUMBER SALAD

Ribbon cucumber, roughly chop coriander (including stems), and finely chop chilli (see cover). Add to a bowl as you go along with bean shoots. Toss to combine.



#### 6. FINISH AND SERVE

Divide **coconut rice** among plates. Serve with **cucumber salad, skewers, satay sauce** and **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



