

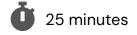


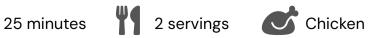


Thai Chicken Bowl

with Satay Dressing

Diced chicken breast cooked with spring onions and served bowl-style with nutty brown rice, fresh vegetables, homemade satay sauce, chopped peanuts and lime wedges.







Spice it up!

To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli flakes or slices of fresh red chilli!

TOTAL FAT CARBOHYDRATES

40g 24g

38g

FROM YOUR BOX

BROWN RICE	150g
LIME	1
PEANUT BUTTER	2 x 20g
RED CAPSICUM	1
LEBANESE CUCUMBER	1
CARROT	1
ROASTED PEANUTS	1 packet
SPRING ONIONS	1 bunch
DICED CHICKEN BREAST	300g

FROM YOUR PANTRY

oil for cooking, ground turmeric, soy sauce (or tamari), sweet chilli sauce

KEY UTENSILS

frypan, saucepan

NOTES

You can blend this dressing using a stick mixer, or heat up in a saucepan to make it easier to combine (if needed!). For a creamy satay sauce, add 1/2 cup coconut milk or cream.





1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE THE DRESSING

Zest and juice 1/2 lime (wedge remaining). Add to a bowl as you go along with peanut butter, 2 tbsp soy sauce, 2 tbsp sweet chilli sauce and 2-3 tbsp water (see notes). Whisk until combined.



3. PREPARE THE TOPPINGS

Slice capsicum. Deseed and slice cucumber. Julienne or grate carrot. Chop peanuts and set aside.



4. COOK THE CHICKEN

Slice **spring onions** (reserve green tops for garnish) and add to a frypan over medium-high heat with **oil**. Add **chicken**, **1/2-1 tsp turmeric** and **2 tsp soy sauce**. Cook, tossing, for 6-8 minutes until cooked through.



5. FINISH AND SERVE

Divide **rice**, **chicken** and **toppings** among bowls. Spoon over **dressing** to taste and serve with **lime wedges**.





