



Product Spotlight: Free-Range Chicken

We source our 100% free-range chicken from Mount Barker, WA. It is deboned and packaged by local business Liberty Chicken.



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.



25 minutes



2 servings



Chicken

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!

Per serve:	PROTEIN	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.



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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**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

