



Product Spotlight: Peanut Butter

Natural peanut butter, made with only roasted peanuts, bit of peanut oil and a dash of salt. There are no added sugar or nasties either!



Satay Chicken Skewers

with Cucumber Chilli Salad

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



30 minutes



4 servings



Chicken

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	20g	57g

FROM YOUR BOX

BROWN BASMATI RICE	300g
TINNED COCONUT MILK	400ml
GINGER	1 piece
LIME	1
PEANUT BUTTER	2 tubs
CHICKEN TENDERLOINS	600g
LEBANESE CUCUMBERS	2
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.



Scan the QR code to
submit a Google review!



1. MAKE THE COCONUT RICE

Place **rice** and **3/4 tin coconut milk** (reserve remaining for step 2) in a saucepan. Add **1 1/2 cups 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.



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 **2 tbsp satay sauce**. Thread onto **skewers** (optional).



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.



5. MAKE CUCUMBER SALAD

Ribbon **cucumbers**, 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**

