

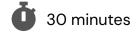




## **Satay Chicken Skewers**

## 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.







# 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 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.





#### 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**.

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