

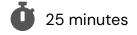


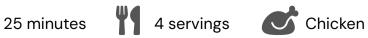


# Thai Chicken Bowl

# 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

50g

23g

71g

#### **FROM YOUR BOX**

BROWN RICE	300g
LIME	1
PEANUT BUTTER	3 packets
RED CAPSICUM	1
LEBANESE CUCUMBERS	2
CARROT	1
ROASTED PEANUTS	1 packet
SPRING ONIONS	1 bunch
DICED CHICKEN BREAST	600g

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

large 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 **3 tbsp water** (see notes). Whisk until combined.



#### 3. PREPARE THE TOPPINGS

Slice capsicum. Deseed and slice cucumbers. 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 tsp turmeric** and **1 tbsp 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.





