



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.

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!



25 minutes



4/6 servings



Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	25g	38g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
LIME	1	2
PEANUT BUTTER	3 x 20g	4 x 20g
RED CAPSICUM	1	2
LEBANESE CUCUMBERS	2	3
CARROT	1	2
SPRING ONIONS	1 bunch	1 bunch
DICED CHICKEN BREAST	600g	600g + 300g
ROASTED PEANUTS	80g	80g + 40g

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.



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1. COOK THE RICE

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



4. COOK THE CHICKEN

Slice **spring onions** (reserve some 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.

6P – use 1 1/2 turmeric and 2 tbsp soy sauce.



2. PREPARE THE DRESSING

Zest and juice 1/2 lime (wedge remaining). Combine with **peanut butter**, **2 tbsp soy sauce**, **2 tbsp sweet chilli sauce** and **3 tbsp water** (see notes).

6P – Combine zest and juice from 1 lime, peanut butter, 3 tbsp soy sauce, 3 tbsp sweet chilli sauce and 4 tbsp water.



3. PREPARE THE TOPPINGS

Slice **capsicum**. Deseed and slice **cucumbers**. Julienne or grate **carrot**.



5. FINISH AND SERVE

Chop **peanuts**.

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

6P – wedge remaining lime to serve.

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**

