



Product Spotlight: Bean Shoots

Did you know? Bean shoots are actually young mung beans, sprouted in darkness to keep them crisp, pale and tender!



Satay Chicken Skewers with Cucumber Chilli Salad

Tender satay chicken skewers served over fluffy brown basmati rice with a fresh, crunchy cucumber, bean shoot and chilli salad.



30 minutes



4/6 servings



Chicken

No skewers?

Skip the skewers and cook the chicken tenderloins whole instead. Cook over medium-high heat, leaving them undisturbed for a few minutes on each side to develop a lovely golden char before turning.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	43g	18g	86g/80g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN BASMATI RICE	300g	300g + 150g
SATAY SAUCE	250ml	250ml
COCONUT MILK	165ml	2 x 165ml
LIME	1	2
CHICKEN TENDERLOINS	600g	600g + 300g
LEBANESE CUCUMBERS	2	3
CORIANDER	1 packet	1 packet
RED CHILLI	1	1
BEAN SHOOTS	1 packet	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

Cook the chicken skewers on the BBQ for extra char and smoky flavour.

For extra zing, dress the salad with a squeeze of lime, a splash of soy sauce and a drizzle of oil. If you prefer less heat, omit the chilli or remove the seeds for a milder option.



1. COOK THE RICE

Place **rice** in a saucepan and cover with **600ml water**. 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.

6P – use 900ml water for the rice.



2. PREPARE THE CHICKEN

Coat **chicken** with **1 tbsp satay sauce** and **1/2 tbsp soy sauce**. Thread onto **skewers** (optional). Set aside.

6P – use 1 tbsp satay sauce and 1 tbsp soy sauce.



3. WARM THE SATAY SAUCE

Add remaining **satay sauce**, **coconut milk**, **zest and juice of 1/2 lime** and **1/2 tbsp soy sauce** to a large frypan. Simmer for 2–3 minutes until well combined. Transfer to a bowl and wipe out pan for step 4.

6P – use zest and juice of 1 lime, 1/2–1 tbsp soy sauce.



4. COOK THE CHICKEN

Reheat the 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 notes). Add to a bowl as you go along with **bean shoots**. Toss to combine.



6. FINISH AND SERVE

Divide **brown basmati rice** among plates. Serve with **cucumber salad**, **chicken skewers**, **satay sauce** and **remaining lime cut into wedges**.

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