

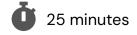


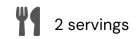


Satay Chicken Skewers

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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

52g 42g

42g

/Ig

FROM YOUR BOX

BROWN BASMATI RICE	150g
TINNED COCONUT MILK	165ml
GINGER	1 piece
LIME	1
PEANUT BUTTER	1 slug
CHICKEN TENDERLOINS	300g
LEBANESE CUCUMBER	1
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 1/2 cup water and a pinch of salt. Cover with a lid and bring to a boil. Reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



4. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil** (see notes). Add chicken to pan and cook for 4-5 minutes each side until chicken is cooked through.



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 1 tbsp soy sauce using a stick mixer or blender. Blend to a smooth paste.



3. PREPARE THE CHICKEN

es). Coat chicken with <u>1 tbsp satay sauce.</u>
om Thread onto **skewers** (optional).



5. MAKE CUCUMBER SALAD

Ribbon cucumber, 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



