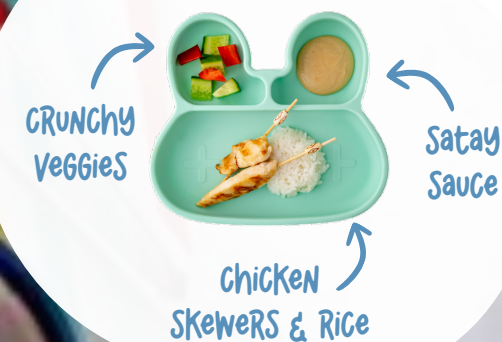


for the
little ones

Satay Chicken

Grilled chicken tenderloins served with sticky rice, veggie sticks and a homemade satay sauce. Finished with crunchy peanuts.



30 Minutes



2 Servings



Chicken

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FROM YOUR BOX

SUSHI RICE	150g
PEANUT BUTTER	2 slugs
COCONUT MILK	165ml
LIME	1
CHICKEN TENDERLOINS	300g
LEBANESE CUCUMBER	1
RED CAPSICUM	1
PEANUTS	1 packet (40g)

FROM YOUR PANTRY

oil for cooking (sesame or other), soy sauce, sweet chilli sauce

COOKING TOOLS

saucepan (or rice cooker), small saucepan, griddle pan or BBQ

Stir-fry the chicken and capsicum with some soy sauce. Serve over rice with satay sauce and peanuts.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK the Sushi Rice

Rinse sushi rice and place in a saucepan with **600ml water**. Bring to a boil, then reduce the heat to medium-low. Cover and cook for 20 minutes, until rice is tender and water absorbed. Fluff with a fork.

tip Use a rice cooker if you have one!



4. PREPARE the Veggie Sticks

In the meantime, cut cucumber and capsicums into veggie sticks.



2. Make the Sauce

Place peanut butter, coconut milk and juice from 1/2 lime in a small saucepan. Heat, stirring until well combined. Season with **1/2 tbsp soy sauce** and **1 tbsp sweet chilli sauce**. Take off heat.

tip Add 1-2 tbsp water to loosen the sauce slightly if you like.



5. FINISH AND SERVE

Serve sticky rice with gilled chicken, satay sauce, veggie sticks and remaining lime cut into wedges. Roughly chop peanuts and sprinkle on top.

tip Thread chicken onto skewers for serving if you like.



3. GRILL the Chicken

Heat a griddle pan or BBQ with **oil** over medium-high heat. Season chicken with **1 tbsp soy sauce**. Cook for 6-8 minutes on each side or until cooked through.