

CRUNCHY  
VeggiesSatay  
SauceChicken  
Skewers & Rice

# Satay Chicken

 30 Minutes 4 Servings Chicken

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

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## FROM YOUR BOX

SUSHI RICE	300g
PEANUT BUTTER	2 slugs
COCONUT MILK	165ml
LIME	1
CHICKEN TENDERLOINS	600g
LEBANESE CUCUMBER	1
RED CAPSICUM	1
YELLOW CAPSICUM	1
PEANUTS	1 packet (60g)

## 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 capsicums 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 grilled chicken, satay sauce, veggie sticks and remaining lime cut into wedges. Roughly chop and sprinkle peanuts 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.