



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: TURBAN CHOPSTICKS SATAY PEANUTS

Handmade with love in Australia by Turban Chopsticks. This fragrant sauce has flavours of lemongrass, turmeric and ginger. It also does not contain shellfish or fish sauce.



4. ROAST SATAY CHICKEN

A share style meal perfect for the end of the week! Split chicken roasted with Turban Chopsticks' Satay Peanuts sauce, served with red rice and fresh apple salad.

 40 Minutes

 4 Servings

4 May 2020

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
82g	77g	80g

FROM YOUR BOX

WHOLE SPLIT CHICKEN	1
SATAY SAUCE	1 jar
RED RICE	300g
CONTINENTAL CUCUMBER	1/2 *
RED APPLES	2
CARROT	1
MESCLUN LEAVES	1/2 bag (100g) *
CHIVES	1/2 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt, pepper, red wine vinegar

KEY UTENSILS

saucepan, oven tray

NOTES

Slashing the chicken reduces cooking time as well as increases the surface area for the marinade.



1. ROAST THE CHICKEN

Set oven to 250°C.
Slash chicken to the bone (see notes) and place on a lined oven tray. Spoon over 1/2 the satay sauce and rub all over. Season with **salt and pepper**. Roast in oven for 30-35 minutes or until cooked through.



4. MAKE THE DRESSING

Whisk together **2 tbsp vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**.



2. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



3. PREPARE THE SALAD

Slice cucumber and apples. Ribbon carrot using a vegetable peeler. Toss with mesclun leaves.



5. FINISH AND PLATE

Spoon remaining satay sauce over cooked chicken. Slice chives and scatter over top. Toss dressing with salad, serve at the table with rice and chicken.