



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cashew Nuts

Cashews are a good source of magnesium which is vital for healthy development of muscles, bones, tissues and organs of the body.



1 Chicken Satay with Rice

Stir-fried chicken in a creamy cashew satay sauce served over rice with a side of lightly pickled vegetables.



20 minutes



2 servings



Chicken

7 September 2020

FROM YOUR BOX

BASMATI RICE	150g
RED CAPSICUM	1
CARROT	1
LEBANESE CUCUMBER	1
CHICKEN STIR-FRY STRIPS	300g
SATAY SAUCE	1 jar (250g)
COCONUT MILK	165ml
CHIVES	1/3 bunch *
CASHEW NUTS	1 packet (50g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil of choice (see notes), salt, pepper, white wine vinegar, sugar, soy sauce

KEY UTENSILS

saucepan or rice cooker, frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

We used sesame oil for this dish for added flavour, but any oil of choice works fine!

Veg option - chicken stir-fry strips are replaced with 400g chickpeas and 300g sweet potatoes. Skip step 3. Cook roughly chopped sweet potato and chickpeas with satay sauce and coconut milk for 10 minutes or until tender. Add water to desired consistency.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE SALAD

Combine **1/2 tbsp oil, 1 tbsp vinegar, 1 tsp sugar, salt and pepper** in a bowl. Thinly slice 1/2 red capsicum, julienne (or slice) carrot and cucumber. Add to bowl and toss well with dressing. Set aside.



3. COOK THE CHICKEN

Heat a frypan with **oil** over high heat. Add chicken stir-fry strips and cook for 3-4 minutes until golden.



4. SIMMER THE SAUCE

Roughly chop and add remaining 1/2 red capsicum to pan. Pour in satay sauce, coconut milk and **1 tbsp soy sauce**. Simmer for 5 minutes or until chicken is cooked through.



5. FINISH AND SERVE

Serve chicken satay over rice with a side of pickled salad. Top with chopped chives and slightly crushed cashews nuts.

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**

