

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Lime


Roll and press your lime on the kitchen counter before using to get more juice out of it!



2 Chicken Satay Bowl

A colourful bowl with nutty brown rice, tender chicken pieces and fresh veggie toppings, served with a creamy peanut and lime satay sauce.

 20 minutes

 2 servings



 Chicken

15 October 2021

Spice it up!

If you have curry powder, ground turmeric or ground coriander in the pantry you can use some to season the chicken for a more exciting flavour!

FROM YOUR BOX

BROWN RICE	150g
DICED CHICKEN BREAST 	300g
PEANUT BUTTER SLUGS	2
COCONUT MILK	165ml
LIME	1
LEBANESE CUCUMBER	1
TOMATO	1
CHIVES	1/2 bunch *
ORIENTAL SLAW	1/2 bag (125g) *
 CURRIED PUMPKIN BITES	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, soy sauce, pepper


KEY UTENSILS

large frypan, saucepan, small saucepan

NOTES

You can use coconut oil or sesame oil to cook the chicken for more flavour.

If you feel like a warmer dish you can stir-fry the oriental slaw in the frypan instead of serving fresh.

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.




1. COOK THE RICE

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



2. COOK THE CHICKEN

Heat a frypan over medium-high heat with oil (see notes). Add chicken along with **1/2-1 tbsp soy sauce** and season with **pepper**. Cook for 6-8 minutes or until cooked through.

 **VEG OPTION** - Heat a frypan over medium-high heat with **2 tbsp oil**. Add **pumpkin bites** and cook for **8-10 minutes** turning until cooked through.



3. MAKE THE SATAY SAUCE

Place peanut butter, coconut milk, juice of 1/2 lime and **1 tbsp soy sauce** in a small saucepan. Heat, stirring, until well combined. Loosen with **1-2 tbsp water**.




4. PREPARE THE TOPPINGS

Dice cucumber and tomato. Slice chives and wedge remaining lime. Set aside with oriental slaw (see notes).



5. FINISH AND SERVE

Divide rice, chicken and toppings among bowls. Serve with satay sauce and lime wedges.

 **VEG OPTION** - Divide rice, pumpkin bites and toppings among bowls. Serve with 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

