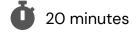


# Chicken Satay

Chicken satay bowl with nutty brown rice, crunchy fresh veggies and a creamy peanut sauce.







## FROM YOUR BOX

BROWN RICE	300g
SLICED CHICKEN BREAST	600g
PEANUT BUTTER	2 slugs (60g)
COCONUT MILK	165ml
LIME	1
CONTINENTAL CUCUMBER	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	1 packet (200g)
BABY SPINACH	1 bag (60g)
CHICKPEAS	400g
TRIO SPROUTS	1 punnet
CASHEW NUTS	1 packet (60g)

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

2 saucepans, large grill / frypan or barbecue

#### **NOTES**

For extra flavour, add 1 crushed garlic clove to the chicken marinade, at step 2.

Thread chicken onto skewers if you prefer!

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. MARINATE THE CHICKEN

Combine 1 tbsp soy sauce and 1 tbsp sweet chilli sauce in a shallow bowl (see notes). Add chicken and toss to coat.

VEG OPTION - Omit this step.



## 3. MAKE THE PEANUT SAUCE

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

VEG OPTION - Drain and add chickpeas.



# 4. COOK THE CHICKEN

Heat a large pan (or barbecue) with **oil** over high heat. Add chicken and cook for 3-4 minutes on each side or until golden and cooked through (see notes).

**\*** VEG OPTION - Omit this step.



# 5. PREPARE THE VEGETABLES

In the meantime, julienne (or chop) cucumber, slice capsicum and halve tomatoes. Arrange with spinach on a serving platter.

VEG OPTION - Additional to above, add sprouts and cashew nuts to the platter.



## 6. FINISH AND SERVE

Serve chicken, rice, sauce and salad ingredients at the table. Wedge remaining lime and serve on the side.

\*\* VEG OPTION - Serve satay chickpeas, rice, cashews and salad ingredients at the table. Wedge remaining lime and serve on the side.

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



