



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Pic's Peanut Butter


Pic's award-winning peanut butter is made from fresh roasted peanuts in Nelson, New Zealand, and is perfect for our home made satay dressing!



1 Chicken Satay

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





 20 minutes

 4 servings

 Chicken

11 January 2021

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)

**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.



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.



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.



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.



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.



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

