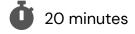






Chicken Satay Bowl

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







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 | 300g |
|-----------------------|--------------|
| DICED CHICKEN BREAST | 600g |
| PEANUT BUTTER SLUGS | 2 |
| COCONUT MILK | 165ml |
| LIME | 1 |
| LEBANESE CUCUMBER | 1 |
| CHERRY TOMATOES | 1 bag (200g) |
| CHIVES | 1/2 bunch * |
| ORIENTAL SLAW | 1 bag (250g) |
| ZUCCHINI | 1 |
| 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 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. Chop zucchini. Add to pan with pumpkin bites and cook for 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 halve tomatoes. 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, zucchini. 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