



Everything But The Chef

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Chicken Satay Skewers with Rice

Our friends at Pic's Peanut Butter have crammed in loads of Kingaroy peanuts into their PB, so you know that our satay is going to be the best you've ever tasted. Marinating the chicken skewers with turmeric and coconut milk results in a perfectly succulent grilled delight. Lest this luxurious silky sauce get the best of you, a refreshing medley of cucumber and snow peas and a bite of fresh chilli rounds out this simple weeknight stunner.

Prep: 15 mins
Cook: 20 mins
Total: 35 mins

- level 1
- gluten free †
- eat me early
- lactose free
- high protein

Pantry Items

- Skewers
- Water
- Brown Sugar
- Soy Sauce

- Coconut Milk
- Turmeric
- Chicken Breast
- Snow Peas
- Cucumber
- Jasmine Rice
- Peanut Butter
- Lemon
- Long Red Chilli

2P	4P	Ingredients
½ can	1 can	coconut milk
½ tsp	1 tsp	turmeric
350 g	700 g	chicken breast, diced into 3 cm pieces
4	8	metal or bamboo skewers *
100 g	200 g	snow peas, trimmed & cut into matchsticks
1	2	cucumber, cut into matchsticks
¾ cup	1 ½ cups	Jasmine rice
3 cups	6 cups	water *
1 sachet	2 sachets	peanut butter
1 tsp	2 tsp	brown sugar *
2 tsp	1 tbs	salt-reduced soy sauce *
½	1	lemon, juiced
½	1	long red chilli, sliced

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3360	Kj
Protein	46.4	g
Fat, total	37.8	g
-saturated	17	g
Carbohydrate	64.4	g
-sugars	7.6	g
Sodium	361	mg

Measuretool

0 cm	1 cm	2 cm

2a



2b



6



7



You will need: *chef's knife, chopping board, shallow dish, aluminium foil, oven tray lined with aluminium foil, small saucepan, sieve, and a medium saucepan.*

1 Preheat the grill to a medium-high heat.

2 Whisk the **coconut milk**, **turmeric** and some cracked **black pepper** in a shallow dish until well combined. Thread the **chicken breast pieces** on to the **skewers** and add them to the coconut milk mixture. Turn to coat the chicken well. Leave them to marinate for **10-30 minutes**.

3 Combine the **snow peas** and **cucumber** in a medium bowl and set aside.

4 Transfer the marinated chicken skewers to the prepared tray. Pour the excess marinade into a small saucepan and set aside. Place the chicken skewers under the grill and cook for **8 minutes**. Turn the skewers and cook for a further **6-8 minutes** or until cooked through.
Tip: If you're using bamboo skewers, wrap the exposed ends with foil.

5 Meanwhile, rinse the **Jasmine rice** in a sieve until the water runs clear. Transfer to a medium saucepan with the **water** and bring to the boil over a high heat. Cook for **10-12 minutes** or until the rice is soft. Drain.

6 Place the small saucepan of coconut marinade over a medium heat and bring to a boil. Reduce the heat immediately to medium-low and then add the **peanut butter**, **brown sugar** and **salt-reduced soy sauce**. Stir until the sauce is well combined and thickened slightly. Stir through the **lemon juice** and remove from the heat.

7 To serve, divide the rice and veggies between plates and top with the chicken skewers. Spoon over the satay sauce and garnish with the **long red chilli**.

Did you know? Some people suffer from Arachibutyrophobia - the fear of getting peanut butter stuck to the roof of your mouth.