



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 snow peas round out this simple weeknight stunner.

Prep: 15 mins
Cook: 30 mins
Total: 45 mins

level 2
 lactose free
 gluten free †
 eat me early

Pantry Items

- Skewers
- Water
- Brown Sugar
- Soy Sauce



Snow Peas



Coconut Milk



Turmeric



Chicken Breast



Jasmine Rice



Peanut Butter



Lime

Qty	Ingredients
1 can	coconut milk
1 tsp	turmeric
700 g	chicken breast, diced into 3 cm pieces
8-10	metal or bamboo skewers *
1 ½ cups	Jasmine rice
6 cups	water *
2 sachets	peanut butter
3 tsp	salt-reduced soy sauce *
2 tsp	brown sugar *
1	lime, juiced
200 g	snow peas, trimmed, destring & cut into matchsticks

⊕ May feature in another recipe

* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	3400	Kj
Protein	46.3	g
Fat, total	37.7	g
-saturated	17	g
Carbohydrate	66.9	g
-sugars	6.2	g
Sodium	318	mg

† To ensure this is a gluten free recipe, please check that your sauces & condiments are gluten free.

2a



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 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.

4 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.

5 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**, **salt-reduced soy sauce**, and **brown sugar**. Stir until the sauce is well combined and thickened slightly. Stir through the **lime juice** and remove from the heat.

6 To serve, divide the rice and **snow peas** between plates and top with the chicken skewers. Spoon over the satay sauce. Enjoy!

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

2b



4



7

