



CHICKEN SATAY SKEWERS

with Jasmine Rice and Peanut Sauce

PREP: 10 MIN
TOTAL: 35 MIN

LEVEL 1

GLUTEN FREE

DAIRY FREE



HELLO

PEANUT SAUCE

Smooth, nutty goodness with a spike of lime

INGREDIENTS:

- Wooden Skewers
- Garlic
- Lime
- Jasmine Rice
- Chicken Tenders
- Coconut Milk (Contains: Tree Nuts)
- Soy Sauce (Contains: Soy)
- Justin's® Peanut Butter (Contains: Peanuts)
- Sesame Oil
- Snow Peas
- Sriracha 🍷

FOR 4 PEOPLE:

- 8
- 2 Cloves
- 1
- 1½ Cups
- 24 oz
- ⅓ Cup + 2 TBSP
- 4 tsp
- 4 TBSP
- 1 TBSP
- 16 oz
- 2 tsp

NUTRITION PER SERVING

632 cal | Fat: 16 g | Sat. Fat: 4.5 g | Protein: 50 g | Carbs: 74 g | Sugar: 8 g | Sodium: 507 mg | Fiber: 5 g

START STRONG

Don't skip the soak! Soaking wooden skewers prevents them from burning to a crisp while exposed to the oven's heat. Though if you're short on time, you can really just skip the skewers altogether.



BUST OUT

- 2 Large bowls
- 2 Baking sheets
- Oil (2 tsp)
- Sugar (2 tsp)
- Small pot
- Medium bowl



1 PREHEAT AND PREP

Wash and dry all produce.

Preheat broiler to high or oven to 500 degrees. Put **skewers** in a large bowl and cover with water to soak. In a small pot, bring **2¾ cups water** and a pinch of **salt** to a boil. Mince or grate **garlic**. Halve **lime**.

2 COOK RICE

Add **rice** to boiling water, cover, and reduce to a simmer until tender, 15-20 minutes.

3 MAKE SATAY SKEWERS

Toss **chicken** in a large bowl with **½ cup coconut milk** (we sent more), juice of half a **lime**, **1 TBSP soy sauce**, half the **garlic**, and **1 tsp sugar**. Season with **salt** and **pepper**. Thread **chicken** onto **skewers** and place on a lightly oiled baking sheet. Broil until browned and cooked through, about 15 minutes.



4 MAKE PEANUT SAUCE

In a medium bowl, stir together **peanut butter**, **sesame oil**, **1 tsp soy sauce**, **2 TBSP coconut milk**, **¼ cup water**, **1 tsp sugar**, and as much remaining **garlic** as you like (add a pinch and go up from there). Taste and adjust flavor with a squeeze of **lime** or a pinch of **salt**, if desired.

5 COOK SNOW PEAS

With 5 minutes left to go on **chicken**, spread **snow peas** on top of baking sheet and drizzle with **oil**. Season with **salt** and **pepper**. Return to oven and bake until **snow peas** are tender and lightly crisped, 3-5 minutes.

6 PLATE

Serve satay **skewers** on a bed of **rice** with snow **peas**. Drizzle with **peanut sauce** and **sriracha** (for the adults).

ON POINT!

Try making this recipe again with beef or pork.

