

for the
little ones

Baked Satay Chicken

Oven-baked peanut chicken served over lemongrass jasmine rice with crunchy snow peas and cucumber.



30 Minutes



4 Servings



Chicken

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FROM YOUR BOX

PEANUT BUTTER	2 small tubs
COCONUT MILK	165ml
LIME	1
DICED CHICKEN BREAST	600g
JASMINE RICE	300g
LEMONGRASS	1
LEBANESE CUCUMBERS	2
SNOW PEAS	150g
PEANUTS	40g

FROM YOUR PANTRY

soy sauce, sugar (of choice)

COOKING TOOLS

saucepan x 2, oven dish

Marinate chicken in honey and soy sauce. Thread onto skewers and grill or bake in the oven. Serve with rice, satay sauce and fresh salad.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. Make the Satay Sauce

Set oven to 220°C. Place **peanut butter**, **coconut milk**, **1/4 cup water** and juice from **1/2 lime** in a small pan. Heat, stirring, until combined. Season with **1 tbsp soy sauce** and **1 tsp sugar**.

tip Add lime zest or 1 tbsp sweet chilli sauce to satay for extra flavour!



4. Prepare the topping

Meanwhile, dice **cucumbers**, trim and slice **snow peas**. Wedge remaining **lime**.

tip Add any other fresh veggies of choice such as capsicum, tomatoes or carrots!



2. Bake the chicken

Place **chicken** in a lined oven dish. Pour over half of the **satay sauce**, toss to coat. Bake for 20 minutes or until golden and cooked through.

tip You can grill the chicken and serve the sauce on the side if you prefer.



5. Finish and serve

Serve baked **satay chicken** with **jasmine rice**, remaining **satay sauce** and **lime** wedges. Scatter over **fresh toppings** and **peanuts**.

tip Add a drizzle of chilli or sweet chilli sauce for some extra flavour!



3. Cook the Rice

Place **rice** in a pan, cover with **550ml water**. Bruise and add **lemongrass**. Bring to a boil. Cover and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir with a fork.

tip Halve and bruise lemongrass with a rolling pin or similar to release the flavours!