




Product Spotlight: Peanut Butter


Pic's award-winning peanut butter is made from fresh roasted peanuts in Nelson, New Zealand, and is perfect for our homemade satay sauce!




Satay Chicken with Coconut Rice

Oven-roasted chicken chops with peanut butter and lime sauce, served on coconut rice with fresh salsa.

 30 minutes

 2 servings

 Chicken

8 September 2023

Add some extras!

This dish is delicious with fresh mint or coriander, chopped roasted peanuts, or sweet chilli sauce!

Per serve: **PROTEIN** 61g **TOTAL FAT** 41g **CARBOHYDRATES** 30g

FROM YOUR BOX

PEANUT BUTTER	2 slugs
LIME	1
COCONUT MILK	165ml
CHICKEN CHOPS	500g
BASMATI RICE	150g
LEBANESE CUCUMBER	1
RED CAPSICUM	1

FROM YOUR PANTRY

salt, soy sauce

KEY UTENSILS

oven dish, saucepan with lid

NOTES

You can add all the coconut milk to the satay sauce in step 1 if you don't want coconut rice. Add curry paste, extra soy sauce and peanut butter to boost the flavour if you have some.

You can add diced apple or pineapple to make it a tropical salsa!



1. PREPARE THE SATAY SAUCE

Set oven to 220°C.

In a bowl, combine peanut butter, zest and juice from 1/2 lime (wedge remaining), 1/4 cup coconut milk and **1 1/2 tbsp soy sauce** (see notes).



2. BAKE THE CHICKEN

Slash chicken chops to the bone. Place in a lined oven dish and pour over satay sauce. Bake in oven for 20-25 minutes or until cooked through.



3. COOK THE COCONUT RICE

Combine remaining coconut milk, **200ml water** and rice in a saucepan. Add a pinch of **salt**, cover with a lid and bring to a boil. Reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



4. PREPARE THE SALSA

Dice cucumber and capsicum (see notes). Toss together.



5. FINISH AND SERVE

Serve satay chicken with coconut rice, salsa and lime wedge.



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