



### Product Spotlight: Free-Range Chicken

We source our 100% free-range chicken from Mount Barker, WA. It is deboned and packaged by local business Liberty Chicken.



## Thai Chicken Bowl with Satay Dressing

Diced chicken breast cooked with spring onions and served bowl-style with nutty brown rice, fresh vegetables, homemade satay sauce, chopped peanuts and lime wedges.



25 minutes



2 servings



Chicken

## Spice it up!

*To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli flakes or slices of fresh red chilli!*

Per serve: **PROTEIN** 52g **TOTAL FAT** 23g **CARBOHYDRATES** 76g

## FROM YOUR BOX

BROWN RICE	150g
LIME	1
PEANUT BUTTER	1 slug
RED CAPSICUM	1
LEBANESE CUCUMBER	1
CARROT	1
ROASTED PEANUTS	1 packet
SPRING ONIONS	1 bunch
DICED CHICKEN BREAST	300g

## FROM YOUR PANTRY

oil for cooking, ground turmeric, soy sauce (or tamari), sweet chilli sauce

## KEY UTENSILS

frypan, saucepan

## NOTES

For a creamy satay sauce, add 1/2 cup coconut milk or cream.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE DRESSING

Zest lime and juice 1/2 (wedge remaining). Add to a bowl as you go along with peanut butter, **1 tbsp soy sauce**, **1 tbsp sweet chilli sauce** and **2 tbsp water** (see notes). Whisk until combined.



### 3. PREPARE THE TOPPINGS

Slice capsicum. Deseed and slice cucumber. Julienne or grate carrot. Chop peanuts and set aside.



### 4. COOK THE CHICKEN

Slice spring onions (reserve green tops for garnish) and add to a frypan over medium-high heat with **oil**. Add chicken, **1/2-1 tsp turmeric** and **2 tsp soy sauce**. Cook, tossing, for 6-8 minutes until cooked through.



### 5. FINISH AND SERVE

Divide rice, chicken and toppings among bowls. Spoon over dressing to taste and serve with lime wedges.



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