

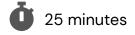


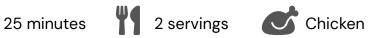


# Thai Chicken Bowl

## 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.







# 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!

TOTAL FAT CARBOHYDRATES

52g 23g

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.

