



Product Spotlight: Pic's 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 Skewers

with Cucumber Chilli Salad

Chicken tenderloins cooked with homemade satay sauce, served over brown basmati coconut rice with a fresh and zingy ribboned cucumber and chilli salad.

 25 minutes

 4 servings

 Chicken

Spice it down!

Chilli can be divisive! Omit chilli for those who don't like it, or remove seeds from chilli for a milder heat.

Per serve: **PROTEIN** 48g **TOTAL FAT** 25g **CARBOHYDRATES** 64g

FROM YOUR BOX

BROWN BASMATI RICE	300g
TINNED COCONUT MILK	400ml
GINGER	1 piece
LIME	1
PEANUT BUTTER	2 slugs
CHICKEN TENDERLOINS	600g
LEBANESE CUCUMBERS	2
CORIANDER	1 packet
RED CHILLI	1
BEAN SHOOTS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, skewers (optional), soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan, stick mixer or small blender

NOTES

You can also peel and grate the ginger instead of blending the sauce if preferred. Otherwise, for a smoother sauce you can blend it.

Use coconut oil to cook the chicken for extra fragrance if you have some.



1. MAKE THE COCONUT RICE

Place rice and 3/4 tin coconut milk (reserve remaining for step 2) in a saucepan. Add **1 1/2 cups water** and 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.



2. MAKE THE SATAY SAUCE

Peel and roughly chop ginger (see notes). Blend together with lime zest, juice from 1/2 lime (wedge remaining), reserved coconut milk, peanut butter and **2 tbsp soy sauce** using a stick mixer or blender. Blend to a smooth paste.



3. PREPARE THE CHICKEN

Coat chicken with 2 tbsp satay sauce. Thread onto **skewers** (optional).



4. COOK THE CHICKEN

Heat a large frypan over medium–high heat with **oil** (see notes). Add chicken to pan and cook for 4–5 minutes each side until chicken is cooked through.



5. MAKE CUCUMBER SALAD

Ribbon cucumbers, roughly chop coriander (including stems), and finely chop chilli (see cover). Add to a bowl as you go along with bean shoots. Toss to combine.



6. FINISH AND SERVE

Divide coconut rice among plates. Serve with cucumber salad, skewers, satay sauce and lime wedges.



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