

DINNERLY



Chicken Satay Bowl with Quinoa & Snow Peas

 20-30min  2 Servings

We took a healthy, protein packed quinoa bowl and made it feel sinful by topping it with a creamy satay sauce. Golden-brown chicken breasts are pan-seared and then draped with the velvety, gingery, peanut-based sauce. Simply sautéed snow peas are piled on top of the quinoa along with the chicken for a SATAYSfying meal. We've got you covered!

WHAT WE SEND

- fresh ginger
- boneless, skinless chicken breast
- sriracha packet
- snow peas
- white quinoa

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- sugar

TOOLS

- medium skillet
- small saucepan

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 470.0kcal, Fat 28.0g, Proteins 31.0g, Carbs 25.0g



1. Cook quinoa

In a small saucepan, combine **quinoa**, $\frac{3}{4}$ **cup water**, and $\frac{1}{4}$ **teaspoon salt**. Bring to a boil. Cover and cook over low until quinoa is tender and water has absorbed, about 15 minutes. Remove from heat and cover to keep warm.



2. Prep ingredients

Pat **chicken** dry, pound to an even $\frac{1}{4}$ -inch thickness, if necessary. Stack **snow peas**, then cut crosswise into thirds. Peel $\frac{1}{4}$ of the **ginger**, then finely chop 2 teaspoons (save rest for own use). In a small bowl, combine **Sriracha**, **peanut butter**, **1 tablespoon vinegar**, and $\frac{1}{2}$ **cup hot tap water**.



3. Cook chicken & snow peas

Season **chicken** all over with $\frac{1}{2}$ **teaspoon salt** and a **few grinds pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **snow peas** and a **pinch each salt and pepper**. Cook until crisp-tender, 1 minute. Transfer to a plate. Add chicken to skillet, cook until golden brown and cooked through, 2-3 minutes per side. Transfer to plate with snow peas.



4. Build sauce

Heat **1 tablespoon oil** in same skillet over medium. Add **chopped ginger** and **2 teaspoons sugar**. Cook, stirring, until fragrant, about 1 minute. Remove skillet from heat. Add **peanut butter mixture** to skillet and whisk until smooth. Season to taste with **salt** and **pepper**. If sauce separates, add **1 tablespoon hot tap water** at a time, whisking until smooth.



5. Finish & serve

Add **chicken** to sauce in skillet. Cook chicken and sauce over medium, turning chicken occasionally, until warm and sauce is thick enough to coat the back of a spoon, about 1 minute. Remove from heat. Season to taste with **salt** and **pepper**. Serve **chicken** with **quinoa** and **snow peas**. Enjoy!



6. Make it picky eater proof

Got some sauce-phobes at your house? Go ahead and serve the chicken plain, with the snap peas and quinoa alongside rather than piling them together. Let those who wish to partake drizzle their own sauce!