



## Chicken and Peanut Satay

with Capsicum and Coriander



20-30min



4 Portions

For family-friendly flavour, look no further than this quick chicken stir-fry. Simply toss free-range tenderloins in a hot wok with ginger, carrot and capsicum, then add a creamy peanut butter sauce pepped up with soy, lime, coconut milk and a little Malaysian chilli paste. Steamed rice, roasted peanuts and fragrant coriander seal the deal.



## What we send

- jasmine rice
- peanut butter <sup>5</sup>
- sambal oelek
- lime
- coconut milk
- ginger
- free-range chicken thigh fillet
- carrot
- capsicum
- coriander
- peanuts <sup>5</sup>

## What you'll require

- neutral-flavoured oil
- soy sauce <sup>6</sup>
- sugar
- water

## Utensils

- fine grater
- medium saucepan with lid
- wok or deep frypan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Sambal oelek is a chilli paste so add to suit your heat preference. Serve the remaining sambal oelek at the table for those who would like a little extra chilli kick.

## Allergens

Peanuts (5), Soy (6). May contain traces of other allergens.

## Nutrition per serving

Energy 860kcal, Fat 39.6g, Carbs 79.7g, Proteins 41.6g



**1. Cook rice**

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



**2. Prepare sauce**

Meanwhile, finely grate the **lime** zest, then juice. Put the **lime juice, peanut butter, 2 tsp sambal oelek** (see cooking tip), **coconut milk, 2 tbs sugar** and **2 tbs soy sauce** in a bowl and whisk until well combined.



**3. Prepare ingredients**

Peel and finely grate the **ginger**. Peel the **carrots**, halve lengthwise, then thinly slice into half moons. Cut the **capsicums** into 2cm chunks, discarding the seeds and membrane. Trim any excess fat from the **chicken** and cut into 2cm chunks.



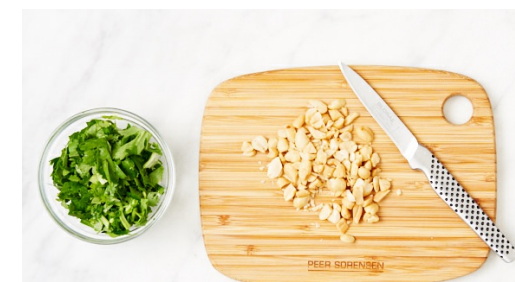
**4. Brown chicken**

Heat **2 tbs oil** in a large deep frypan over high heat. Stir-fry the **chicken** for 5 mins or until browned. Remove from the pan with a slotted spoon, leaving the oil in the pan.



**5. Cook stir-fry**

Reduce the heat to medium and stir-fry the **ginger** and **lime zest** for 1 min or until light golden. Add the **carrot** and **capsicum** and stir-fry for 2 mins or until starting to soften. Add the **chicken** and **peanut sauce** and cook, stirring, for 2-3 mins until heated through.



**6. Get ready to serve**

Meanwhile, coarsely chop the **peanuts**. Finely chop the **coriander**, including the stems. Divide the **rice** and **chicken mixture** among bowls. Scatter over the **coriander** and **peanuts** to serve.