

DINNERLY



Satay Chicken with Broccoli and Rice



20-30 minutes



2 Servings

Whisk peanut butter, coconut milk and soy sauce for a tasty cheat's satay, then stir it through chicken and broccoli for the ultimate homemade takeaway.

WHAT WE SEND

- 30g peanut butter ⁵
- 250g broccoli
- 5g chilli powder
- 200ml coconut milk
- free-range chicken thigh fillet
- 150g jasmine rice
- 1 red onion

WHAT YOU NEED

- garlic clove
- sea salt and pepper
- soy sauce ⁶
- vegetable oil
- water

TOOLS

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

Add the chilli powder to taste or omit completely if you don't like heat. The remaining chilli powder won't be used in this dish.

ALLERGENS

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

NUTRITION PER SERVING

Energy 870kcal, Fat 46.2g, Carbs 66.5g, Proteins 43.8g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup)** 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. Prep ingredients

Thinly slice the **onion** and **1 garlic clove**. Trim the **broccoli** and cut the head into small florets. Thinly slice the stem. Trim the fat and cut the **chicken** into 2-3cm chunks.



3. Make satay sauce

In a large jug, whisk **200ml of the coconut milk** (the remaining coconut milk won't be used in this dish), the **peanut butter** and **2 tbs soy sauce** to combine. Set aside.



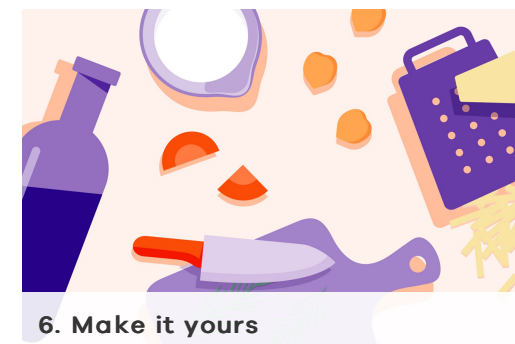
4. Cook chicken

Heat **1 tbs vegetable oil** in a wok or deep frypan over high heat. Cook the **onion, garlic**, a **pinch of chilli powder** (see Cooking Tip) and the **chicken**, stirring, for 3-4 mins until browned. Add the **broccoli**, reduce the heat to medium-low and cook for 2 mins or until the broccoli has softened slightly, but still retains some crunch.



5. Serve up

Add the **satay sauce** and cook, tossing, for 1-2 mins to warm through. Season with **pepper** to taste. Divide the **rice and chicken satay** among plates to serve.



6. Make it yours

Make this dish doubly nutty and sprinkle over chopped roasted cashew nuts or peanuts before serving. For a sprinkle of colour, add some freshly chopped coriander.