

DINNERLY



Satay Chicken with Broccoli and Rice



20-30 minutes



4 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

- 400ml coconut milk
- free-range chicken thigh fillet
- 5g chilli powder
- 500g broccoli
- 300g jasmine rice
- 60g peanut butter ⁵
- 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.

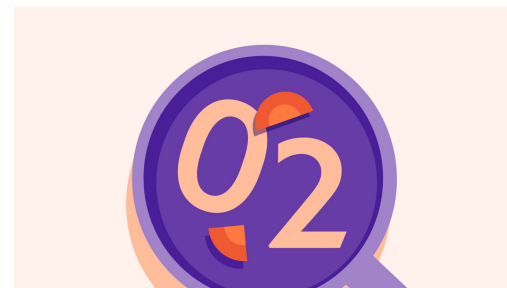
NUTRITION PER SERVING

Energy 865kcal, Fat 46.2g, Carbs 65.4g, Proteins 43.1g



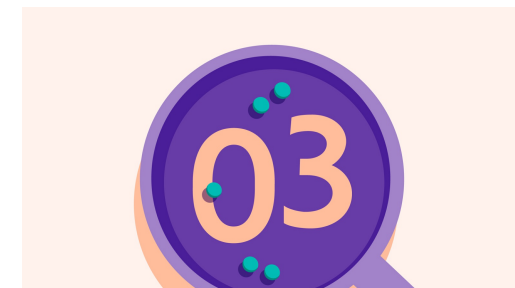
1. Cook rice

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. Prep ingredients

Thinly slice the **onion** and **2 garlic cloves**. Trim the **broccoli** and cut the heads into small florets. Thinly slice the stems. Trim the fat and cut the **chicken** into 2-3cm chunks.



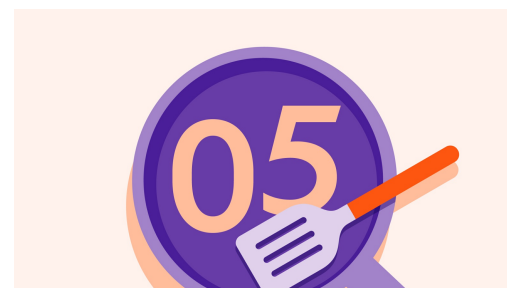
3. Make satay sauce

Whisk the **coconut milk**, **peanut butter** and **60ml (¼ cup) soy sauce** in a large jug to combine. Set aside.



4. Cook chicken

Heat **2 tbs vegetable oil** in a wok or large deep frypan over high heat. Cook the **onion, garlic, ¼ tsp 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 warmed 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.