



Indonesian Style Satay Chicken Salad with Potatoes and Peanuts

16

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day



Salad Potatoes



Diced Chicken Breast



Garlic Clove



Salted Peanuts



Lime



Cucumber



Peanut Butter



Sweet Chilli Sauce



Indonesian Style Spice Mix



Baby Leaf Mix



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Honey

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, frying pan, garlic press, kettle, rolling pin, bowl and colander.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Diced Chicken Breast**	260g	390g	520g
Garlic Clove**	1	2	2
Salted Peanuts 1)	25g	40g	50g
Lime**	1	1½	2
Cucumber**	½	¾	1
Peanut Butter 1)	30g	45g	60g
Sweet Chilli Sauce	32g	48g	64g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Baby Leaf Mix**	50g	75g	100g
Diced Chicken Breast**	390g	520g	780g
Pantry	2P	3P	4P
Boiled Water for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	513g	100g	578g	100g
Energy (kJ/kcal)	2243 / 536	437 / 105	2567 / 614	444 / 106
Fat (g)	18.5	3.6	19.6	3.4
Sat. Fat (g)	3.6	0.7	3.9	0.7
Carbohydrate (g)	49.2	9.6	49.2	8.5
Sugars (g)	17.4	3.4	17.5	3.0
Protein (g)	44.7	8.7	60.4	10.5
Salt (g)	0.74	0.14	0.84	0.14

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Potatoes

a) Bring a large saucepan of **water** with **½ tsp salt** to the boil on high heat.

b) Halve the **salad potatoes** (no need to peel).

c) When your pan of **water** is boiling, add the **potatoes** and simmer until you can easily slip a knife through, 15-20 mins.



Satay Dressing Time

a) Meanwhile, add the **peanut butter** and **boiled water for the dressing** (see pantry for amount) into a large bowl and mix until it makes a **smooth paste**.

b) Stir in the **sweet chilli sauce** and squeeze all the **juice** from the **lime** into the **dressing bowl**.

c) Combine until the **peanut butter** has dissolved to make a **smooth dressing**. Season with **salt** and **pepper**.



Fry the Chicken

a) Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**.

c) Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

CUSTOM RECIPE

If you've chosen to upgrade for extra **chicken**, cook the recipe in the same way but cook the **chicken** in batches if the pan seems too crowded.



Add Flavour

a) Once the **chicken** is cooked, add the **Indonesian style spice mix** and **garlic** to the pan. Stir-fry for 1 min.

b) Once the **potatoes** are ready, drain in a colander and add to the **chicken**.

c) Stir in the **honey** (see pantry for amount). Toss the **chicken** and **potatoes** until evenly coated and remove from the heat. Season with **salt** and **pepper**.



Finish your Prep

a) While everything cooks, peel and grate the **garlic** (or use a garlic press). Boil a half-full kettle for the **dressing**.

b) Crush the **peanuts** in the unopened sachet using a rolling pin.

c) Trim the **cucumber** (see ingredients for amount), then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.

d) Halve the **lime**.



Assemble and Serve

a) When everything's ready, add the **baby leaf mix**, **cucumber**, **cooked chicken** and **potatoes** to the **satay dressing** bowl.

b) Toss together and share between your serving bowls.

c) Taste and season with **salt** and **pepper** if needed. Sprinkle over the **peanuts** to finish.

Enjoy!