



Ultimate Chicken Satay

with Peanuts, Smacked Cucumber Salad and Jasmine Rice

Ultimate 25-30 Minutes • Mild Spice • 1 of your 5 a day

36



Jasmine Rice



Lime



Diced British Chicken Breast



Indonesian Style Spice Mix



Baby Cucumber



Salted Peanuts



Red Chilli



Spring Onion



Peanut Butter



Sambal Paste



Ketjap Manis



Coconut Milk

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, fine grater, bowl, baking tray, rolling pin and whisk.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Lime**	1	1	2
Diced British Chicken Breast**	240g	390g	520g
Indonesian Style Spice Mix	1 sachet	2 sachets	2 sachets
Baby Cucumber**	1	2	2
Salted Peanuts 1)	25g	40g	40g
Red Chilli**	1	1	1
Spring Onion**	1	2	2
Peanut Butter 1)	60g	90g	120g
Sambal Paste	15g	22g	30g
Ketjap Manis 11)	25g	75g	100g
Coconut Milk	180ml	250ml	360ml
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	676g	100g
Energy (kJ/kcal)	3899/932	577/138
Fat (g)	42.8	6.3
Sat. Fat (g)	18.7	2.8
Carbohydrate (g)	85.0	12.6
Sugars (g)	17.2	2.5
Protein (g)	52.0	7.7
Salt (g)	1.37	0.2

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

Allergens

1) Peanut **11)** Soya

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave the **rice** to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Mix the Satay Sauce

Pop the **peanut butter**, **sambal** (add less if you'd prefer things milder), **ketjap manis**, **sugar** and **water for the sauce** (see pantry for both amounts) and remaining **Indonesian style spice mix** into a medium saucepan.

Whisk together, then stir in the **coconut milk**.



Marinate the Chicken

Meanwhile, zest and halve the **lime**.

In a large bowl, add the **diced chicken**, a drizzle of **oil**, a squeeze of **lime juice** and **half** the **Indonesian style spice mix**. Season with **salt** and **pepper**, then mix to combine.

Transfer the **chicken** to a medium baking tray and bake on the top shelf of the oven until slightly golden and cooked through, 12-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



Simmer and Stir

Pop the pan of **satay sauce** on medium-high heat and bring to the boil.

Simmer, stirring constantly, until thickened, 2-4 mins, then remove from the heat.

Add a squeeze of **lime juice**, then stir again. Taste and season with **salt** and more **lime juice** if needed.

When the **chicken** is cooked, stir it through the **satay sauce**. Add a splash of **water** if it's a little too thick.



Cucumber Salad Time

While everything cooks, trim the **cucumber**, then pop onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks. Crush the **peanuts** in the unopened sachet using a rolling pin.

In a medium bowl, combine a good squeeze of **lime juice**, the **lime zest** and **sugar for the pickle** (see pantry for amount). Season with **salt** and **pepper**.

Toss the **cucumber** and **half** the **peanuts** through the **dressing**, then set aside.

Halve the **red chilli** lengthways, deseed, then finely chop. Trim and thinly slice the **spring onion**.



Finish and Serve

When everything's ready, fluff up the **rice** with a fork and share between your bowls.

Serve your **ultimate chicken satay curry** on top of the **rice** with the **cucumber salad** piled alongside.

Finish by sprinkling over the remaining **peanuts**, the **spring onion** and **red chilli** (add less if you'd prefer things milder).

Enjoy!