



Chicken Satay Style Skewers

with a Sticky Peanut Sauce

Special Sides 25-35 Minutes

21A

Find all your unchilled Market items in bag A.



Bamboo Skewers



Garlic Clove



Lime



British Chicken Breasts



Peanut Butter



Sweet Chilli Sauce



Soy Sauce

Pantry Items

Oil, Salt, Pepper

Before you start

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

Cooking tools

Kettle, garlic press, fine grater, bowl and baking tray.

Ingredients

Ingredients	Quantity
Bamboo Skewers	4
Garlic Clove**	1
Lime**	½
British Chicken Breasts**	2
Peanut Butter 1)	30g
Sweet Chilli Sauce	32g
Soy Sauce 11) 13)	15ml

Pantry	Quantity
Water*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	230g	100g
Energy (kJ/kcal)	1329/318	579/138
Fat (g)	11.8	5.1
Sat. Fat (g)	2.5	1.1
Carbohydrate (g)	10.3	4.5
Sugars (g)	7.5	3.3
Protein (g)	44.7	19.4
Salt (g)	1.93	0.84

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

Allergens

1) Peanut 11) Soya 13) Cereals containing gluten

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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1



2



3



Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a small amount of **water** in the kettle.
- Soak **4 skewers** in **cold water** (this will prevent them from burning).
- Peel and grate the **garlic** (or use a garlic press).
- Zest **half** the **lime**, then slice it in half. Juice **half** the **lime** into a large bowl and set the **zest** aside for later. **TIP:** *Keep the remaining half a lime for another recipe.*

Hey Satay!

- Cut each **chicken breast** lengthways into 3cm wide chunks and add to the bowl of **lime juice**. Add the **garlic** and season with **salt** and **pepper**, then mix to combine.
- In a separate medium bowl, stir together the **peanut butter**, **sweet chilli sauce**, **soy sauce** and **1 tbsp** of **boiled water** until smooth.
- Thread the **lime chicken strips** onto 2-4 skewers and transfer to a lightly oiled baking tray. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Finish and Serve

- Drizzle **half** the **peanut satay sauce** over the **chicken skewers** and roast on the middle shelf of your oven until cooked through, 15-20 mins.
- Halfway through cooking, turn the **skewers** and drizzle over the remaining **sauce**. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*
- Once cooked, place the **skewers** onto your serving plate and sprinkle over the **lime zest** to finish.

Enjoy!