



# THIS™ Isn't Chicken Satay Curry with Zesty Rice and Peas

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

49



Jasmine Rice



Lime



Garlic Clove



THIS™ Isn't Chicken Plant-Based Pieces



Peanut Butter



Indonesian Style Spice Mix



Coconut Milk



Peas



Soy Sauce



Sweet Chilli Sauce



Chilli Flakes



Also spelled as 'sate' in Indonesia, satay typically consists of skewered meat served with peanut sauce. Here, we're using THIS™ Isn't Chicken, which is made from soy and pea proteins with a hyper-realistic texture that tastes just like the real thing.

**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. Ingredients in red are hot!

## Cooking tools

Saucepan, lid, fine grater, garlic press, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Lime**	1	1	2
Garlic Clove**	2	3	4
THIS™ Isn't Chicken Plant-Based Pieces** 11)	170g	340g	340g
Peanut Butter 1)	30g	45g	60g
Indonesian Style Spice Mix	1 sachet	2 sachets	2 sachets
Coconut Milk	180ml	250ml	360ml
Peas**	120g	240g	240g
Soy Sauce 11) 13)	15ml	25ml	30ml
Sweet Chilli Sauce	32g	48g	64g
Chilli Flakes	1 pinch	1 pinch	2 pinches

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	150ml	225ml	300ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	623g	100g
Energy (kJ/kcal)	3007/719	483/115
Fat (g)	27.8	4.5
Sat. Fat (g)	15.9	2.6
Carbohydrate (g)	81.1	13.0
Sugars (g)	12.4	2.0
Protein (g)	34.9	5.6
Salt (g)	2.49	0.40

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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## Cook the Rice

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

Stir in the **rice** and  $\frac{1}{4}$  **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave 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).



## Curry Up

Return the (now empty) frying pan to medium heat with a drizzle of **oil**.

Add the **peanut butter**, **Indonesian style spice mix** and **garlic**. Stir-fry until softened and fragrant, 1 min.

Stir in the **coconut milk** and **water for the curry** (see pantry for amount). Bring to the boil and simmer until thickened slightly, 4-5 mins.



## Prep Time

Meanwhile, zest and cut the **lime** into wedges. Peel and grate the **garlic** (or use a garlic press).



## All Together Now

Add the **peas** and cooked **THIS™ Isn't Chicken** to the **curry sauce**. Simmer until piping hot, 1-2 mins.

Stir in the **soy sauce** and **sweet chilli sauce**. Add a good squeeze of **lime juice**, then remove from the heat.

Taste and season with **salt**, **pepper** and more **lime juice** if needed. Add a splash of **water** if it's a little thick.



## Time to Fry

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **THIS™ Isn't Chicken** and fry until golden brown, 4-6 mins. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



## Serve Up

Fluff up the **rice** with a fork and stir through the **lime zest**. Share between your bowls.

Top with the **THIS™ Isn't Chicken satay curry**. Sprinkle over the **chilli flakes** if you like (add less if you'd prefer things milder).

Serve any remaining **lime wedges** alongside for squeezing over.

## Enjoy!