



Ultimate Chicken Satay Skewers

with Peanut Sauce, Pickled Carrot Ribbons and Zesty Rice

36

Ultimate 35-40 Minutes • Mild Spice • 1 of your 5 a day



Bamboo Skewers



Lime



Indonesian Style
Spice Mix



Chicken Breast



Jasmine Rice



Carrot



Salted Peanuts



Peanut Butter



Sambal



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.

Cooking tools

Fine grater, bowl, baking tray, baking paper, saucepan, lid and peeler.

Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Lime**	1	1	2
Indonesian Style Spice Mix	1 sachet	2 sachets	2 sachets
Chicken Breast**	2	3	4
Jasmine Rice	150g	225g	300g
Carrot**	1	2	2
Salted Peanuts 1)	25g	40g	40g
Peanut Butter 1)	60g	90g	120g
Sambal	15g	22g	30g
Ketjap Manis 11)	25g	75g	100g
Coconut Milk	200ml	300ml	400ml

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	2 tsp	3 tsp	4 tsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	501g 4321/1033	100g 863/206
Fat (g)	49.9	10.0
Sat. Fat (g)	24.8	4.9
Carbohydrate (g)	91.2	18.2
Sugars (g)	20.8	4.2
Protein (g)	60.0	12.0
Salt (g)	1.65	0.33

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, 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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Mix the Marinade

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

Soak your **skewers** in **cold water** (this will prevent them from burning).

Zest and halve the **lime**.

In a large bowl, mix together **half** the **Indonesian style spice mix**, a drizzle of **oil** and a squeeze of **lime juice**. Season with **salt** and **pepper**.



Bring on the Pickled Carrot

While everything cooks, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Add a squeeze of **lime juice** and **sugar for the pickle** (see pantry for amount) to another large bowl, then season with **salt** and mix together.

Toss the **carrot ribbons** and **half** the **peanuts** into the **dressing**, then set aside.



Make the Chicken Skewers

Cut the **chicken breasts** into 3cm chunks, then pop the **chicken** into the **marinade** and mix to coat.

Thread the **chicken** onto the **skewers** (2 per person).

Lay the **skewers** onto a lined baking tray and bake on the top shelf of your oven until cooked, 15-20 mins. Turn halfway through. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



Satay Sauce Time

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

Whisk together, then add the **coconut milk**. Stir to combine, then pop on medium-high heat and bring to a boil. Reduce the heat and 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.



Cook the Rice

Meanwhile, 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).



Finish and Serve

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

Serve your **ultimate chicken satay skewers** on top of the **zesty rice** with the **pickled carrot ribbons** piled alongside.

Drizzle the **satay sauce** over the **chicken** and **rice**, then finish with a scattering of the remaining **peanuts**.

Enjoy!