



More Than Food

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on [f](#) [t](#) [i](#)  
You'll be entered into our weekly photo contest!

## Street Food Chicken Satay with Brown Rice and Garlic Beans

Back in his days of youthful exuberance Head Chef Patrick took a trip to Beijing. Tiananmen Square and the Great Wall were pretty interesting but it was the street food that really blew his mind. The 'Beijing-ers' love eating grasshoppers, but we thought they'd be a bit racy for tonight's dinner, so we opted for this satay instead!

 30 mins

 gluten free

 lactose free



Skewers



Green Beans



Chicken Thigh



Garlic Clove



Brown Rice



Lime




Peanut Butter



Sweet Chilli Sauce

## Ingredients

	2P	4P
Skewers	4	8
Green Beans	1 pack	2 packs
Chicken Thigh	3	6
Garlic Clove, diced	1	2
Brown Rice	1 cup	2 cups
Lime	½	1
Peanut Butter <b>1</b>	2 tbsp	5 tbsp
Sweet Chilli Sauce <b>2</b>	1½ tbsp	3 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Peanut | **2)** Sulphites

**Nutrition per serving:** Calories: 578 kcal | Protein: 33 g | Carbs: 82 g | Fat: 15 g | Saturated Fat: 4 g



**2** Soak the wooden skewers in water to stop them from being incinerated later under the grill.

**2** Boil a large pot of water with ¼ tsp of salt. Chop the very tops and bottoms off the green beans. Chop the chicken thighs into 50 pence sized pieces. Peel and finely dice the garlic.



**3** Rinse the brown rice under running water for 30 seconds. Tip the rice into the boiling water and rapidly boil for around 25 mins.

**Tip:** *The rice will be ready once soft enough to eat, yet retaining some chewiness.* Drain the rice thoroughly, put back in the pot and place a tea towel over it.



**4** In a bowl mix the chicken with ¼ tsp of lime zest and 1 tsp of olive oil. Season with a pinch of salt and pepper and thread onto the skewers. **Tip:** *Try to thread the skewer at least twice through each piece of chicken.* Turn your grill to high heat.



**5** In a small bowl mix the peanut butter and sweet chilli sauce. Add in the juice of half the lime. **Tip:** *To loosen up the sauce add 2 tbsp of*

*milk if you have it or a little dash of hot water if not.*

**6** Place the chicken skewers on a baking tray. Cook on the top shelf of the grill for around 10 mins. Turn every few mins. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

**7** Heat 2 tsp of oil in a non-stick frying pan on medium-high heat. Once hot add in the green beans and garlic. Stir fry for 3 mins and then remove to the side.

**8** Serve the chicken skewers on top of the rice with the beans and a good dollop of satay sauce.