



CHICKEN SATAY KEBABS

with Basmati Rice and Cucumber Salad



HELLO SATAY

Satay originates from Indonesia but spread across Asia and the world due to its DELICIOUSNESS!



Diced Chicken Breast



Mild Curry Powder



Lime



Red Onion



Basmati Rice



Star Anise



Bamboo Skewers



Cucumber



Coriander



Soy Sauce



Peanut Butter

MEAL BAG

Hands on: **15 mins**
Total: **35 mins**

Family Box

... of your
5 a day

Very hot

Despite satay originating from Indonesia, it is also incredibly popular in the Netherlands (our Dutch menu planning guru Renée LOVES it)! So André (in honour of Renée) created this delicious dish... mildly curried chicken skewers with a zesty cucumber salad and nutty satay sauce. YUM.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), two **Mixing Bowls**, a **Fine Grater**, **Frying Pan** and **Baking Tray**. Now, let's get cooking!



1 MARINATE THE CHICKEN

Preheat your oven to 200°C. Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. Pop the **diced chicken** into a mixing bowl and add **half the curry powder** and a glug of **oil**. Grate in **half the lime zest** and mix well, making sure that your **chicken** is well coated. Halve and peel the **onion**, then cut each half into quarters. Separate the layers of the **red onion**.



4 MAKE THE SALAD

While the **chicken** cooks, trim the **cucumber** then quarter lengthways, and chop widthways into small pieces. Pop the chopped **cucumber** into another mixing bowl. Roughly chop the **coriander** (stalks and all) and add to the bowl. **TIP: If you're a coriander fan, add the whole bunch!** Add **half the lime juice** and the **soy sauce** and mix well. Taste and add a little **sugar** if it needs sweetening.



2 ASSEMBLE THE SKEWERS

When the **water** is boiling, add the **rice** and **star anise** to the pan. Lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **TIP: The rice will finish cooking in its own steam.** Meanwhile, thread one piece of **chicken** onto a **skewer** and follow it with a piece of **onion**. Repeat this process until all the **chicken** and **onion** has been used. You want **two skewers** per person.



5 MIX THE SAUCE

In a small bowl mix the remaining **curry powder** with the **peanut butter**. Stir in the remaining **lime juice** and the **water** for the sauce (see ingredients for amount). **TIP: The consistency of the satay sauce should be similar to double cream, so add another splash of water if necessary.** Season with a pinch of **salt**.



3 BROWN THE CHICKEN

Heat a frying pan on high heat and add a glug of **oil**. When the **oil** is hot, cook the **chicken kebabs** for 2-3 mins on each side. **TIP: You want them to be golden-brown so do this in batches if necessary.** Transfer the **kebabs** to a baking tray and pop on the top shelf of your oven for 12-15 mins. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle.**



6 FINISH AND SERVE!

Once the **rice** has finished cooking, remove the **star anise** and fluff up the **rice** with a fork. Season to taste with **salt** and **pepper**. To serve, spoon a generous amount of **rice** in the centre of a plate and top with the **cucumber salad**. Place the **chicken satay kebabs** on top and finish with a drizzle of **satay sauce**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Diced Chicken Breast	280g	420g	560g
Mild Curry Powder	1 small pot	¾ large pot	1 large pot
Lime	1	1½	2
Red Onion	½	1	1
Basmati Rice	150g	225g	300g
Star Anise	1	1	2
Bamboo Skewers	4	6	8
Cucumber	½	¾	1
Coriander	½ bunch	½ bunch	1 bunch
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Peanut Butter 1)	1 sachet	2 sachets	3 sachets
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 653G	PER 100G
Energy (kcal)	467	72
(kJ)	1952	299
Fat (g)	5	1
Sat. Fat (g)	2	1
Carbohydrate (g)	63	10
Sugars (g)	4	1
Protein (g)	41	6
Salt (g)	1.01	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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