



Ultimate Chicken Satay Skewers

with Peanut Sauce, Pickled Cucumber Salad and Zesty Rice

35

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



Bamboo Skewers



Basmati Rice



Spring Onion



Lime



Indonesian Style Spice Mix



Chicken Breast



Cucumber



Coriander



Rice Vinegar



Salted Peanuts



Peanut Butter



Sambal



Ketjap Manis



Coconut Milk

Pantry Item
Sugar

Before you start

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

Cooking tools

Saucepan, lid, zester, bowl, baking paper and baking tray.

Ingredients

	2P	3P	4P
Bamboo Skewers	4	6	8
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Spring Onion**	3	5	6
Lime**	1	1	1
Indonesian Style Spice Mix	1 sachet	2 sachets	2 sachets
Chicken Breast**	2	3	4
Cucumber**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Sugar for the Pickle*	2 tsp	3 tsp	4 tsp
Salted Peanuts 1)	25g	40g	40g
Peanut Butter 1)	2 sachets	3 sachets	4 sachets
Sambal	15g	22g	30g
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Coconut Milk	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	4169/996	733/175
Fat (g)	46	8
Sat. Fat (g)	21	4
Carbohydrate (g)	89	16
Sugars (g)	19	3
Protein (g)	61	11
Salt (g)	1.39	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

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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Get Prepped

Preheat your oven to 200°C. Soak your **skewers** in **cold water** (this will prevent them from burning). Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp of salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with a 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).



Cucumber Salad Time

While the **skewers** cook, trim the **cucumber** (see ingredients for amount), then quarter lengthways. Chop widthways into small pieces. Roughly chop the **coriander** (stalks and all). Add the **rice vinegar** and **sugar for the pickle** (see ingredients for amount) to another large bowl, then season with **salt** and mix together. Toss the **cucumber** and **half the peanuts** into the **dressing**, then set aside.



Mix your Marinade

Meanwhile, trim the **spring onion** and cut into thirds. 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**.



Mix the Satay Sauce

Pop the **peanut butter**, **sambal**, **ketjap manis**, **sugar for the sauce** (see ingredients 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 the boil. Simmer, stirring constantly, until thickened, 2-4 mins. Remove from the heat, add a squeeze of **lime juice**, then stir again. Taste and season with **salt** or more **lime juice** if needed.



Make the Chicken Skewers

Cut each **chicken breast** into 6 pieces, then pop the **chicken** and **spring onion** into the **marinade** and mix to coat. Thread the **chicken** and **spring onion pieces** onto the **skewers**, alternating between each (make 2 skewers 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. The chicken is cooked when no longer pink in the middle.**



Finish and Serve

When everything is ready, stir **half** the **coriander** through the **cucumber salad**. Fluff up the **rice** with a fork, then stir through the **lime zest** and share between your bowls. Serve up your **ultimate chicken satay skewers** on top of the **zesty rice** with the **pickled cucumber salad** piled alongside. Drizzle the **satay sauce** over the **chicken** and **rice**, then finish with a scattering of the remaining **peanuts** and **coriander**.

Enjoy!