



# Satay Chicken & Coconut-Makrut Lime Sauce

with Quick-Prep Roast Veggie Medley

Grab your Meal Kit with this symbol



Sweet Potato, Carrot & Zucchini Mix



Makrut Lime Leaves



Satay Seasoning



Chicken Tenderloins



Garlic Paste



Coconut Milk



Mixed Salad Leaves



Chicken Tenderloins

Prep in: 15-25 mins  
Ready in: 30-40 mins

**Carb Smart\***  
*\*Custom recipe is not Carb Smart*

Eat Me Early

Sometimes only a big ole pumpkin salad will do! With the additions of satay chicken and a coconut-makrut sauce, you'll be thanking us later once you plate this one up.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Vinegar (White Wine or Rice Wine)



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato, carrot & zucchini mix	1 medium bag	1 large bag
makrut lime leaves	2 leaves	4 leaves
satay seasoning	1 medium sachet	2 medium sachets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
garlic paste	1 packet	2 packets
coconut milk	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>soy sauce*</b>	½ tbs	1 tbs
mixed salad leaves	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2314kJ (553Cal)	336kJ (80Cal)
Protein (g)	45.7g	6.6g
Fat, total (g)	24.2g	3.5g
- saturated (g)	16g	2.3g
Carbohydrate (g)	36.4g	5.3g
- sugars (g)	19.8g	2.9g
Sodium (mg)	936mg	136mg
Dietary Fibre (g)	11.8g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3028kJ (724Cal)	355kJ (85Cal)
Protein (g)	82.3g	9.6g
Fat, total (g)	26.7g	3.1g
- saturated (g)	16.7g	2g
Carbohydrate (g)	36.4g	4.3g
- sugars (g)	19.8g	2.3g
Sodium (mg)	1006mg	118mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Place **sweet potato, carrot & zucchini mix** on a lined oven tray. Season with **salt**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**. Allow to cool slightly.

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## Make the coconut sauce

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **garlic paste** and **makrut lime leaves**, stirring, until fragrant, **1 minute**.
- Reduce heat to low, then add **coconut milk**, the **brown sugar** and the **soy sauce**. Stir to combine and simmer until reduced slightly, **2-3 minutes**.

2



## Get prepped & cook chicken

- Meanwhile, thinly slice **makrut lime leaves**.
- In a medium bowl, combine **satay seasoning** and a drizzle of **olive oil**. Add **chicken tenderloins** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken tenderloins** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side. Transfer to a plate.

**TIP:** Makrut lime leaves are fibrous in texture, so try to slice them finely!

**Custom Recipe:** If you've doubled your chicken tenderloins, add an extra drizzle of olive oil to the medium bowl, coat as above. Cook in batches for the best results.

4



## Toss and serve

- To the tray with roasted veggies, add **mixed salad leaves** and a drizzle of the **vinegar** and gently toss to combine. Season to taste.
- Slice the chicken (if preferred).
- Divide roast veggie medley between bowls then top with satay chicken.
- Spoon over coconut-makrut lime sauce to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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