



# Oven-Baked Satay Chicken & Veggies

with Rice & Coriander

READY TO COOK

Grab your Meal Kit with this symbol



Broccoli & Carrot Mix



Lime



Slow-Cooked Chicken Breast



Coconut Milk



Peanut Butter



Satay Seasoning



Fish Sauce & Rice Vinegar Mix



Microwavable Basmati Rice



Baby Spinach Leaves



Crushed Peanuts



Coriander

Prep in: 10-20 mins  
Ready in: 30-40 mins

There's a lot of goodness piled into this 3 step recipe. With a few powerhouse ingredients; like satay seasoning and fish sauce and rice vinegar mix, you'll have the tastiest chicken and veggies, that the rice can happily soak up.

### Pantry items

Olive Oil, Brown Sugar, Soy Sauce

## 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

Large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
broccoli & carrot mix	1 medium bag	1 large bag
lime	½	1
slow-cooked chicken breast	1 small packet	2 small packets OR 1 large packet
coconut milk	1 packet	2 packets
peanut butter	1 packet	2 packets
satay seasoning	1 sachet	2 sachets
fish sauce & rice vinegar mix	1 packet (20g)	2 packets (40g)
<b>brown sugar*</b>	1 tsp	2 tsp
<b>soy sauce*</b>	½ tbs	1 tbs
microwavable basmati rice	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 medium packet	1 large packet
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3032kJ (725Cal)	614kJ (147Cal)
Protein (g)	38.7g	7.8g
Fat, total (g)	35.2g	7.1g
- saturated (g)	18.1g	3.7g
Carbohydrate (g)	61.4g	12.4g
- sugars (g)	8.9g	1.8g
Sodium (mg)	1635mg	331mg

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



1



2



3



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- In a large baking dish, place **broccoli & carrot mix**. Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast **veggies**, until just tender, **15 minutes**.

## Bring it all together

- Meanwhile, slice **lime** into wedges. Drain **slow-cooked chicken breast**. Transfer **chicken** to a large bowl, then roughly shred.
- In a medium bowl, combine **coconut milk**, **peanut butter**, **satay seasoning**, **fish sauce & rice vinegar mix**, the **brown sugar**, the **soy sauce** and a squeeze of **lime juice**.
- Once veggies are done, remove baking dish from oven then stir in **sauce mixture** with a splash of **water**, until combined. Add **shredded chicken** and gently toss to coat.
- Return to oven and roast until heated through and slightly thickened, **8-10 minutes**.

## Heat the rice & serve

- Just before serving, microwave **rice** until steaming, **2-3 minutes**.
- Stir **baby spinach leaves** through satay, until wilted and combined. Season to taste.
- Divide rice and satay chicken between bowls.
- Top with **crushed peanuts**. Tear over **coriander**.
- Serve with any remaining lime wedges. Enjoy!

## Rate your recipe

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