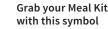


Oven-Baked Satay Chicken & Veggies

with Rice & Coriander

READY TO COOK











Slow-Cooked Chicken Breast

Coconut Milk





Peanut Butter

Satay Seasoning





Fish Sauce & Rice Vinegar Mix

Microwavable Basmati





Baby Spinach Leaves





Coriander





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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
broccoli & carrot mix	1 medium bag	1 large bag	
lime	1/2	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)	
brown sugar*	1 tsp	2 tsp	
soy sauce*	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	
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^{*}Pantry Items

Nutrition

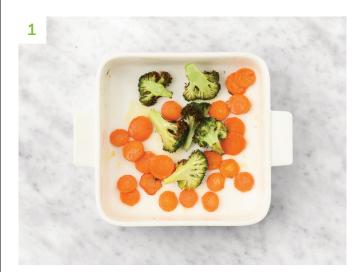
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3032kJ (725Cal)	614kJ (147Cal)
Protein (g)	38.7g	7.8g
Fat, total (g)	35.2g	7.1g
- saturated (g)	18.1g	3.7g
Carbohydrate (g)	61.4g	12.4g
- sugars (g)	8.9g	1.8g
Sodium (mg)	1635mg	331mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!

Scan here if you have any questions or concerns

