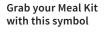


Oven-Baked Satay Chicken & Veggies

with Rice & Coriander

READY TO COOK

CLIMATE SUPERSTAR













Slow-Cooked Chicken Breast







Peanut Butter

Satay Seasoning





Fish Sauce & Rice Vinegar Mix

Microwavable Basmati



Baby Spinach Leaves

Crushed Peanuts



Coriander

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



Eat Me Early

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
broccoli & carrot mix	1 medium packet	1 large packet	
lime	1/2	1	
slow-cooked chicken breast	1 medium packet	2 medium 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	2 packets	
brown sugar*	1 tsp	2 tsp	
soy sauce*	½ tbs	1 tbs	
microwavable basmati rice	1 packet	2 packets	
baby spinach leaves	1 small packet	1 medium packet	
crushed peanuts	1 medium packet	1 large packet	
coriander	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3063kJ (732Cal)	591kJ (141Cal)
Protein (g)	39.2g	7.6g
Fat, total (g)	35.3g	6.8g
- saturated (g)	18.1g	3.5g
Carbohydrate (g)	61.4g	11.8g
- sugars (g)	9.1g	1.8g
Sodium (mg)	1636mg	315mg

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

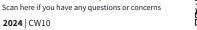
- Meanwhile, slice lime into wedges. Drain slow-cooked chicken breast. Transfer **chicken** to a large bowl, then roughly shred.
- In a medium bowl, combine coconut milk, peanut butter, satay seasoning, fish sauce & rice vinegar mix, the brown sugar, soy sauce and a squeeze of
- Once veggies are done, 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!







Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate