



Oven-Baked Satay Chicken & Veggies

with Rice & Coriander

READY TO COOK

CLIMATE SUPERSTAR

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli & carrot mix	1 medium packet	1 large packet
lime	½	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.

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, 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!

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