



Coconut Satay Chicken & Veggies

with Rice & Coriander

FAST & FANCY

Grab your meal kit with this number

45



Trimmed Green Beans



Baby Broccoli



Lime



Slow-Cooked Chicken Breast



Coconut Milk



Peanut Butter



Satay Seasoning



Fish Sauce & Rice Vinegar Mix



Baby Spinach Leaves



Microwavable Basmati Rice



Crushed Peanuts



Coriander

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

Protein Rich

You'd be hard-pressed to find someone who has had satay chicken and didn't like it. Rich, earthy and deep in flavour, it's a winner from the first bite to the last. Accompanied by fluffy rice, it's wise to come before this feast with a hearty appetite.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
trimmed green beans	½ medium packet	1 medium packet
baby broccoli	1 bunch	2 bunches
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
baby spinach leaves	1 medium packet	1 large packet
microwavable basmati rice	1 packet	2 packets
crushed peanuts	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2992kJ (715cal)	234kJ (56cal)
Protein (g)	41.6g	3.3g
Fat, total (g)	35.8g	2.8g
- saturated (g)	18.2g	1.4g
Carbohydrate (g)	54.6g	4.3g
- sugars (g)	10g	0.8g
Sodium (mg)	1646mg	128.7mg
Dietary Fibre (g)	11.6g	0.9g

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.



Get prepped

- Halve **trimmed green beans** (see ingredients).
- Roughly chop **baby broccoli**.
- Slice **lime** into wedges.
- Drain **slow-cooked chicken breast**.
- 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**.



Heat the rice

- Just before serving, microwave **rice** until steaming, **2-3 minutes**.



Cook the veggies & chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** and **green beans**, tossing, until softened, **5-6 minutes**.
- Add **chicken**, gently breaking up with a spoon. Stir in **sauce mixture** and simmer until slightly thickened, **2-3 minutes**.
- Stir **baby spinach leaves** through until wilted and combined. Season with **salt** and **pepper** to taste.



Serve up

- Divide rice and coconut satay chicken between bowls.
- Top with **crushed peanuts**. Tear over **coriander**.
- Serve with any remaining lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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