



Oven-Ready Roast Chicken & Satay Sauce

with Quick Rice & Green Beans

HEAT & EAT

Grab your Meal Kit
with this symbol



Roast Chicken
& Satay Sauce



Microwavable Basmati
Rice



Trimmed Green
Beans

Prep in: 5-15 mins
Ready in: 45-55 mins

Want dinner on the table in 3 easy steps? Simply heat up our oven-ready satay-laced roast chicken - it packs major flavour in every bite. Serve it up with some fluffy basmati rice and tender green beans, this is truly a trifecta of a meal!

Pantry items

Olive Oil

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

	2 People	4 People
olive oil*	refer to method	refer to method
roast chicken & satay sauce	1	2
microwavable basmati rice	1 packet	2 packets
trimmed green beans	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3931kJ (940Cal)	715kJ (171Cal)
Protein (g)	39.3g	7.1g
Fat, total (g)	63.3g	11.5g
- saturated (g)	23.7g	4.3g
Carbohydrate (g)	47.9g	8.7g
- sugars (g)	10.8g	2g
Sodium (mg)	900mg	164mg

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Heat the satay chicken

- Preheat oven to **200°C/180°C fan-forced**. Remove plastic film from **roast chicken & satay sauce** and cover tightly with foil.
- Bake until warmed through, **30 minutes**.
- Remove from oven and remove foil. Turn the grill to high.
- Grill until golden, a further **10 minutes**.

Heat the rice & beans

- While the satay chicken is under the grill, boil the kettle.
- Microwave **rice** until steaming, **2-3 minutes**.
- Add **green beans** and a splash of boiling water to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **green beans** on high until just tender, **2-4 minutes**.
- Drain **green beans**, then return to the bowl and cover to keep warm.

Serve up

- Divide rice, roast satay chicken and green beans between bowls. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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