



Satay-Inspired Chicken Bowls

with Peanuts and Sweet Chili Sauce

Quick

Spicy

25 Minutes



Chicken Breasts



Chicken Thighs



Basmati Rice



Peanuts, chopped



Sweet Chili Sauce



Soy Sauce



Mild Curry Paste



Green Beans



Lime



Thai Seasoning



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO PEANUTS

These groundnuts are actually legumes!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, zester, aluminum foil, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Chicken Thighs	4	8
Basmati Rice	¾ cup	1 ½ cups
Peanuts, chopped	28 g	28 g
Sweet Chili Sauce 🍷	2 tbsp	4 tbsp
Soy Sauce	½ tbsp	1 tbsp
Mild Curry Paste	2 tbsp	4 tbsp
Green Beans	170 g	340 g
Lime	1	1
Thai Seasoning	1 tbsp	2 tbsp
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

• Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep and marinate chicken

Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat. While **water** comes to a boil, pat **chicken** dry with paper towels, then cut into 1-inch pieces. Add **chicken, mild curry paste, Thai Seasoning** and **½ tsp salt** (dbl for 4 ppl) to a medium bowl, then toss to coat.

 **CUSTOM RECIPE**

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



Broil chicken

Add **marinated chicken** to a foil-lined baking sheet and arrange in a single layer. Broil in the **top** of the oven until charred in spots and cooked through, 7-9 min.**



Cook rice

Add **rice** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Cook green beans

While **chicken** cooks, heat a large non-stick pan over medium heat. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min.



Prep

While **rice** cooks, trim, then halve **green beans**. Zest **half the lime** (whole lime for 4 ppl), then cut into wedges. Add **sweet chili sauce** and **soy sauce** to a small bowl, then stir to combine.



Finish and serve

Fluff **rice** with a fork, then stir in **lime zest**. Divide **rice** between bowls. Top with **chicken, any sauce** from the baking sheet and **green beans**. Drizzle **sweet chili-soy sauce** over top, then sprinkle with **peanuts**. Squeeze over a **lime wedge**, if desired.

Dinner Solved!