

THAI SATAY CHICKEN SALAD WITH JASMINE RICE



**MY
FOOD
BAG**™

FAMILY

THAI SATAY CHICKEN SALAD WITH JASMINE RICE

RICE

- 1 cup Jasmine rice
- ½ teaspoon salt ▲
- 2 cups boiling water ▲

SATAY CHICKEN

- ¼ cup crunchy peanut butter ▲
- 1–2 tablespoons sweet chilli sauce ▲
- ⅓ cup coconut cream *
- 1 clove garlic, crushed
- 1 tablespoon fish or soy sauce ▲
- Juice of ½ lemon
- 400g chicken thighs, boneless

SALAD

- 1 cos lettuce, washed, leaves roughly chopped

- 3 tomatoes, cut into wedges
- 1 Lebanese cucumber, peeled and halved lengthwise and sliced
- 1 capsicum, cored and thickly sliced
- 2 spring onions, finely sliced
- ¼ cup chopped Thai herbs (excluding kaffir lime) *
- ¼ cup roasted peanuts, roughly chopped
- 1 lemon, cut into wedges, to serve

DRESSING

- 100g plain yoghurt
- ⅓ cup coconut cream *
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped Thai herb mix *

BRING kettle to boil. Preheat oven to 210°C. Line tray with baking paper.

- 1 Place all rice ingredients in a pot and bring to the boil. Cover and reduce to a very low heat. Cook for 12 minutes. Remove from the heat and leave to rest for 3–5 minutes. Do not uncover while cooking or resting. Remove the lid and fluff the rice with a fork to serve.
- 2 Mix peanut butter, chilli sauce, coconut cream, garlic, fish/soy sauce and lemon juice together with a fork until the paste is thick and well combined.
- 3 Cut away excess fat from the chicken and pat dry with paper towels. Season with salt and pepper. Place chicken onto prepared tray (leaving space between each piece) and spread a thick layer of satay paste on each thigh. Cook in top part of the oven for 15 minutes or until cooked through. Remove from oven and set aside to rest for 5–8 minutes.
- 4 Toss salad ingredients together. Whisk dressing ingredients together and season well with salt and pepper.

TO SERVE, for the little ones, slice the chicken into thin pieces and serve with a bowl of warm rice and salad on the side. For the adults, share the salad between plates and top with satay chicken thighs. Drizzle over herb yoghurt dressing and serve with Jasmine rice on the sides.



READY IN: 35 MIN
PREP TIME: 15 MIN
COOK TIME: 20 MIN

▲ STAPLE	ENERGY	2184kJ (515kcal)
* SHARED	CARBOHYDRATE	50.4g
	PROTEIN	31.7g
	FAT	21.7g
	SERVES 4-5	Per Serve



omit
yoghurt

use
GF soy
sauce