

Chicken Satay Salad

with Peanuts and Carrot

hellóchef

Satay sauce is popular in South East Asia. It is known for its rich, sweet peanut flavour and silky smooth texture.

Cals 739 • Prot 62 • Carbs 41 • Fat 38

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🕒 cook: 25 min

R2946



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Satay Dressing	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Curry powder	4	5	8	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	2	2	Tbsp
Water	20	20	20	ML
Coconut milk	200	200	400	ML
Soy sauce 9* , 10* , 11*	20	30	40	ML
Peanut butter 1* , 9*	30	45	60	Grams
Sweet chilli sauce	40	60	80	ML
Lime	1	2	2	Piece
Salad				
Romaine lettuce	300	400	600	Grams
Carrot	1	1	2	Piece
Cucumber	1	2	2	Piece
Large red chilli	1	1	2	Piece
Spring onion	40	60	80	Grams
Salted peanuts 1*	40	60	80	Grams
Fresh coriander	15	15	30	Grams

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3092 / 739
Fat (g)	37.8
of which saturates (g)	13.5
Carbohydrate (g)	41
of which sugars (g)	18.8
Fiber (g)	12.5
Protein (g)	62.3
Salt (g)	6.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep chicken

Slice the **chicken** into goujons. Add the **chicken** goujons to a bowl along with the **curry powder** and a generous pinch of **salt**. Mix until the **chicken** is coated in the **curry powder**.



2 Fry chicken

Heat a pan over a medium-high heat with a drizzle of **vegetable oil**. Once hot, fry the **chicken** for 4-6 min until browned and cooked through. Transfer the cooked **chicken** to a plate and reserve the pan (no need to wash it).



3 Make dressing

Return the pan to a medium heat with a splash of **water**. Using a spatula, loosen any sticky bits from the bottom of the pan. Add the **coconut milk, soy sauce, peanut butter** and **sweet chilli sauce** and simmer for 2-4 min, stirring until smooth and thickened. Remove the pan from the heat and squeeze all of the **lime** juice into the pan. Set aside to cool.



4 Prep salad

Meanwhile, roughly chop the **lettuce**. Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons. Stack the ribbons on top of one another, then slice them into thin sticks. Slice the **cucumber** into discs, then slice each individual **cucumber** disc into matchsticks. Finely slice the **chilli** and **spring onion**.



5 Toss salad

Place the **lettuce, carrot, cucumber, chilli (spicy!), spring onion** and **peanuts** in a bowl with {1/1.5/2} Tbsp of the **dressing**. Toss. Divide the **salad** among plates and top with a drizzle of the remaining **dressing** and the **chicken** goujons. Garnish with the freshly picked **coriander** leaves.