

Satay Prawn Salad

with Peppers and Sesame Seeds

hellóchef

Satay sauce comes from Indonesia and is traditionally made from peanuts and served with grilled meat.

Cals 645 • Prot 40 • Carbs 30 • Fat 45

Low-Carb

⌚ 20 min

R2



Before you start

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

Ingredients

Salad	2 ppl	3 ppl	4 ppl	
Prawns	350	525	700	Grams
Carrot	1	2	2	Piece
Cucumber	1	2	2	Piece
Spring onion	40	60	80	Grams
Romaine lettuce	200	300	400	Grams
Salted peanuts	40	60	80	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Curry powder	4	5	8	Grams
Chilli flakes	2	2	4	Grams
Red pepper	1	1	2	Piece
Dressing				
Coconut milk	200	200	200	ML
Soy sauce	20	20	30	ML
Peanut butter	30	45	60	Grams
Lime	1	2	2	Piece
Garnish				
Black sesame seeds	10	15	20	Grams

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



1 Prep

Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons. Stack the ribbons, then slice them into thin sticks. Slice the **cucumber** into discs, then slice each individual **cucumber** disc into matchsticks. Slice the **pepper** and **spring onion** finely. Roughly chop the **lettuce** and **peanuts**.



2 Make dressing

Add 100/150/200 ml of **coconut milk**, the **soy sauce** and the **peanut butter** to a small pot. Simmer for 1 min until the consistency of double cream is reached. Remove the pot from the heat and stir in 0.5./0.75/1 Tbsp of **lime** juice. Set the dressing aside to cool slightly.



3 Fry prawns

Pat the **prawns** dry. Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns**. Sprinkle with the **salt**, **curry powder** and **chilli flakes (spicy!)**. Cook for 2 min until cooked through.



4 Assemble

Toss the **cucumber**, **peanuts**, **lettuce**, **pepper**, **carrot** and **spring onion** in the **dressing**. Top with the **prawns** and garnish with the **sesame seeds**.



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Pro Tip

Got leftover coconut milk? Add it to curries, soups or smoothies!

Tips For Fussy Eaters

Can't handle the heat? Go easy on the chilli flakes!