

Satay Chicken Skewers

with Jasmine Rice and Pickled Cucumber

hellóchef

Satay is a Southeast Asian dish of seasoned, skewered and grilled meat, served with a peanut sauce.

Cals 978 • Prot 67 • Carbs 102 • Fat 38

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🕒 cook: 30 min

R3237

Before you start

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

Ingredients

Satay Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Curry powder	2	4	4	Grams
Turmeric powder	2	2	4	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Bamboo skewers	6	9	12	Piece
Satay Sauce				
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Large red chilli	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Soy sauce 9*, 10*, 11*	10	20	20	ML
Peanut butter 1*, 9*	30	45	60	Grams
Coconut milk	200	200	400	ML
Jasmine Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML
To serve				
Cucumber	1	2	2	Piece
Rice vinegar	15	22	30	ML
Brown sugar	5	8	10	Grams
Salt	0.5	0.5	1	Tsp
Carrot	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Salted peanuts 1*	40	60	80	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)	4090 / 978
Fat (g)	38.4
of which saturates (g)	13.7
Carbohydrate (g)	102
of which sugars (g)	14.6
Fiber (g)	11.1
Protein (g)	66.7
Salt (g)	5.2

*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

Peel and finely chop the **red onion** and **garlic**. Finely chop the **red chilli**. Heat a pot over a medium heat with a drizzle of **oil**. Fry the **onion, garlic** and **chilli (spicy!)** with a pinch of **salt** for 5 min. Meanwhile, chop the **chicken** into bite-sized pieces. Add the **chicken** to a bowl with the **oil, curry powder, turmeric** and **salt**.

Tip! If cooking for kids, leave out the chilli when frying the onion and garlic. Go easy on the spices or set aside a few chicken pieces and keep them plain.



4 Boil rice

Rinse the **jasmine rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



2 Simmer

Add the **soy sauce, peanut butter** and **coconut milk** to the pot with the **onion, garlic** and **red chilli**. Bring to a simmer, reduce the heat to low and simmer, stirring occasionally for 5-7 min. Set aside.



5 Fry skewers

Meanwhile, thread the **chicken** pieces onto the **skewers**. Heat a drizzle of **oil** in a pan over a high heat. Once hot, add the **skewers** and fry for 2 min on each side, then cover and cook for 2 min further until cooked through. Pour half of the **satay sauce** into the pan, coating the **chicken** as you go. Cook for 2 min further.

Tip! If cooking for kids, thread the plain chicken pieces onto skewers and fry separately.



3 Prep sides

Meanwhile, roughly chop the **cucumber**. Add to a bowl with the **rice vinegar, sugar** and **salt**. Peel and slice the **carrots** into thin sticks. Finely chop the **coriander** leaves.

Tip! If cooking for kids, keep a portion of the cucumber plain and set aside before adding the vinegar.



6 Serve

Divide the **jasmine rice** among bowls and top with the **chicken skewers, satay sauce, cucumber** and **carrot**. Garnish with the **peanuts** and **fresh coriander**.

Tip! If cooking for kids, remove the chicken from the skewers before serving. Place the rice, cucumber and carrots separately with the satay sauce and peanuts on the side as 'sprinkles'.