



Chicken Satay with Basmati Rice & Fresh Cucumber

These flavourful, Thai-inspired chicken skewers are marinated in a delicious, spicy peanut sauce. They are then grilled and served with a satay sauce made with coconut milk and garlic. **Chefs Tip:** Put the skewers in a bowl of water while you prepare the recipe so that they don't burn when you cook the chicken.

Nutritional Info

Calories: 519 kcal
Carbohydrates: 33 g
Protein: 45 g
Fat: 23 g

Ingredients

- Chicken Fillet - Diced
- Garlic
- Cucumber
- Basmati Rice
- Satay Sauce
- Coconut Milk
- Rice Wine Vinegar
- Skewers

Your Pantry

- Olive Oil

Allergens

[Peanuts \(Satay Sauce\)](#)

[Gluten \(Satay Sauce\)](#)

[Sulphur Dioxide \(Vinegar\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Pre-heat the oven to 180°C and boil the kettle.**

Peel and chop the garlic and set aside.

2) **Marinate the chicken**

In a bowl, mix the chicken with about a ¼ of the satay sauce. Set it aside to marinate.

3) **Make the satay sauce**

While the chicken is marinating, pour the coconut milk into a pot. Add the chopped garlic and remaining satay sauce. Stir everything together and simmer the sauce for 8-10 minutes until it has thickened. Move on to making the skewers.

4) **Make the skewers**

Skewer the chicken pieces onto the skewers provided. Place the chicken skewers on an oiled tray and bake in the oven for 12-15 minutes. While the chicken is cooking move on to making the rice.

5) **Cook the rice**

Put the basmati rice in the pot of simmering water and cook for 8-10 minutes.

6) **Make the side salad**

Use a vegetable peeler to make cucumber ribbons. Mix the rice wine vinegar with the cucumber ribbons to make the side salad.

7) **Finish the dish**

The skewers should now be cooked. Serve them with the basmati rice, cucumber salad and satay sauce on the side. Enjoy!



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