



## Vegetable Satay with Basmati Rice & Fresh Cucumber

These flavourful, Thai inspired veggie skewers are marinated in a delicious, spicy peanut sauce, 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 vegetable skewers.

### Ingredients

- Red Pepper
- Green Pepper
- Red Onion
- Garlic
- Cucumber
- Satay Sauce
- Coconut Milk
- Rice Wine Vinegar
- Basmati Rice
- Skewers

### Your Pantry

- Olive Oil

### Nutritional Info

Calories: 390 kcal  
Carbohydrates: 45 g  
Protein: 11 g  
Fat: 18 g

### 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) Get Prepared

Pre-heat the oven to 180°C. Put a pot of water on to boil. Peel and chop the garlic and set aside.

### 2) Prepare the vegetables

Remove the core from the pepper and chop the pepper into chunky pieces so you can skewer it. Peel and chop the onion into similar sized pieces. Peel and finely chop the garlic and set aside.

### 3) Make the satay sauce

Pour the coconut milk in to a pot. Add the chopped garlic and satay sauce. Stir everything together and simmer the sauce for 8-10 minutes until the sauce has thickened. Move on to making the skewers.

### 4) Make the skewers

Skewer the vegetables pieces onto the skewers provided and bake in the oven for 12-15 minutes. While the skewers are cooking move on to making the rice.

### 5) Cook the rice

Put the basmati rice in the pot of simmer 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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