

☐Chicken satay with rice☐



| Serves | Prep Time | Cooking | Total Time | Calories |
|-----------------|-----------|---------|------------|-----------------|
| 4 people | | | | 522 kcal |

Stuff that's in it:

- 100G Smooth Peanut Butter
- 600G Whole Chicken Breasts (I Used With Skin On But Removed Once Cooked, Makes It Extra Tender)
 - 1 Tsp Sesame Oil
- 1 Tbsp Ketjap Manis ((Or Dark Soy Sauce))
 - 2 Spring Onions (Sliced)
 - 1 Tsp Mild Curry Powder
- ½ Fresh Chilli (Finely Chopped)
- Lime Juice (Good Squeeze From Half)
 - 100Ml Water
- 40G Carrot (Julienned)
- 100G Cucumber (Ribbioned)
- 200G Basmati Rice (Dry Weight)

What you do:

Cook your rice as Per packet instructions.

Add your ketjap manis, peanut butter, lime juice and curry powder to a bowl and add the water bit by bit and stir until it's loose but not runny.

Add half of the mixture over the top of the chicken breasts and the other half reserve for pouring over once cooked.

Bake the chicken for around 30-35 minutes, until fully cooked all the way through (above 75°C).

Once cooked, pop the remaining sauce into the microwave for 20-30 seconds until runny (you may need a splash of water to loosen . . . pour over the assembled rice and chicken along with the veg.

Nutrition

- Carbs: 48g
- Fat: 16g
- Protein: 48g

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