



QCOOK

Chicken & Broccoli Satay Salad

with charred broccoli & fresh lime

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Fryer's Cove | Fryers Cove Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	420kj	2474kj
Energy	100kcal	592kcal
Protein	9.4g	55.4g
Carbs	5g	31g
of which sugars	1.2g	7g
Fibre	2.4g	14.1g
Fat	4.6g	26.8g
of which saturated	0.9g	5.3g
Sodium	112mg	657mg

Allergens: Sulphites, Peanuts, Gluten, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30ml	40ml	Low Sodium Soy Sauce
450g	600g	Free-range Chicken Mini Fillets
22,5ml	30ml	Chicken Marinade <i>(15ml [20ml] Medium Curry Powder & 7.5ml [10ml] Ground Cumin)</i>
2	2	Limes <i>rinse, zest & cut into wedges</i>
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Peanuts <i>roughly chop</i>
450g	600g	Broccoli Florets <i>cut into bite-sized pieces</i>
90ml	125ml	Peanut Butter
45ml	60ml	Carb Smart Sweet Chilli Sauce
120g	160g	Green Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter (optional)

- 1. CHICKY MARINADE** Place the soy sauce and chicken in a bowl. Add the chicken marinade, lime zest (to taste), and garlic. Season and set aside.
- 2. TOASTED PEANUTS** Place the peanuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CHARRED BROCC** Return the pan to medium-high heat with a drizzle of oil or a knob of butter. Fry the broccoli until lightly charred, 6-7 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.
- 4. SATAY SAUCE** Place the peanut butter and sweet chilli sauce into a bowl with the juice from 3 [4] lime wedges. Season and add water in 10ml increments until drizzling consistency. Set aside.
- 5. GOLDEN FRIED CHICKEN** Return the pan to medium-high heat with a drizzle of oil. Fry the marinated chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.
- 6. SUPER SALAD** Plate up the salad leaves, broccoli, and cucumber. Top with the tender chicken strips. Scatter the toasted peanuts over it all and finish with lashings of the satay sauce. Garnish with the coriander and serve any remaining lime wedges on the side. Wow, Chef!