



UCCOOK

Chicken Satay & Basmati Rice

with corn & fresh coriander

Ready to make chicken satay that slays, Chef? A rich, peanut butter-based teriyaki-sesame sauce coats juicy chicken cubes, which is served on a generous portion of steaming basmati rice, dotted with silky onion & pops of sweet corn. Finished with fresh coriander as a garnish.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Jenna Peoples

Simple & Save

Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
3	Free-range Chicken Breasts
60ml	Peanut Butter
2	Onions <i>peel & roughly slice</i>
150g	Corn
2	Garlic Cloves <i>peel & grate</i>
45ml	Teriyaki-sesame Sauce <i>(30ml Teriyaki Sauce & 15ml Sesame Oil)</i>
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. BROWN THE CHICKEN Boil the kettle. Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the chicken dry with paper towel and cut into 1cm cubes. When hot, fry the chicken until golden but not cooked through, 1-2 minutes per side. Remove from the pan.

3. SOME PREP Combine the peanut butter with 300ml of boiling water.

4. SATAY SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onions and the corn until soft and lightly golden, 7-8 minutes. Add the grated garlic and fry until fragrant, 30-60 seconds. Add the teriyaki-sesame sauce and mix in the loosened peanut butter. Add the chicken and simmer until the chicken is cooked through, 2-3 minutes. Loosen with a splash of water if it's too thick. Remove from the heat and season.

5. DINNER IS READY Make a bed of the fluffy rice, top with the saucy satay chicken, and sprinkle over the chopped coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	692kJ
Energy	165kcal
Protein	10.6g
Carbs	21g
of which sugars	2.1g
Fibre	1.5g
Fat	4g
of which saturated	0.8g
Sodium	136mg

Allergens

Gluten, Allium, Sesame, Peanuts,
Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
3 Days