



SATAY CHICKEN STIR-FRY

with Peanut Sauce and Broccoli over Rice



HELLO

PEANUT SATAY SAUCE

A hint of lime makes this creamy, nutty dipping sauce pop.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 640**



Lime



Scallions



Jasmine Rice



Soy Sauce
(Contains: Soy)



Garlic



Broccoli Florets



Chicken Stir-Fry



Peanut Butter
(Contains: Peanuts)

START STRONG

Planning ahead? You can marinate the chicken in the ingredients called for in step 3 for up to three hours before cooking. This will make the meat all the more flavorful.

BUST OUT

- Small pot
- Small bowl
- Zester
- Baking sheet
- Medium bowl
- Large pan
- Vegetable oil (5 tsp | 10 tsp)
- Sugar (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Lime 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Scallions 2 | 4
- Broccoli Florets 8 oz | 16 oz
- Jasmine Rice ½ Cup | 1 Cup
- Chicken Stir-Fry 10 oz | 20 oz
- Soy Sauce 4 tsp | 8 tsp
- Peanut Butter 1.15 oz | 2.3 oz

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Bring **¾ cup water** and a pinch of **salt** to a boil in a small pot. Zest **lime** until you have ½ tsp zest, then cut in half. Cut one half into wedges. Mince **garlic**. Trim, then thinly slice **scallions**, keeping greens and whites separate.



4 MAKE PEANUT SAUCE

Heat a drizzle of **oil** in a large pan over low heat. Add **scallion whites** and remaining **garlic**. Cook, tossing, until fragrant, about 1 minute. Stir in **peanut butter**, **2 tsp sugar**, and **1 tsp soy sauce** (you'll have a little soy sauce left over). Slowly pour in **¼ cup water**, stirring to combine. Remove pan from heat, then stir in a squeeze of **lime**. Season with **salt** and **pepper**.



2 ROAST BROCCOLI AND COOK RICE

Toss **broccoli** with a drizzle of **oil** and a pinch of **salt** and **pepper** on a baking sheet. Roast in oven until crisp, 15-20 minutes. Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes.



5 COOK CHICKEN

Transfer **peanut sauce** to a small bowl, then rinse and dry pan. Heat a drizzle of **oil** in same pan over medium-high heat. Add **chicken** and cook, tossing occasionally, until browned on surface and no longer pink in center, 5-6 minutes. **TIP:** Cook chicken in batches to avoid overcrowding and for the best texture and flavor.



3 MARINATE CHICKEN

In a medium bowl, toss together **chicken**, half the **garlic**, **lime zest**, **1 TBSP soy sauce** (we'll use more later), **2 tsp sugar**, and a large drizzle of **oil**. Season with **salt** and **pepper**.



6 PLATE AND SERVE

Divide **rice** between plates, then top with **broccoli** and **chicken**. Drizzle with **peanut sauce**. Garnish with **scallion greens**. Serve with **lime wedges** for squeezing over and any remaining peanut sauce on the side for dipping.

YUM!

Peanut sauce is also great for dressing up pasta, veggie and meat skewers, or stir-fries.

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