



# 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: 630**



Lime



Scallions



Jasmine Rice



Soy Sauce  
(Contains: Soy)



Garlic



Broccoli Florets



Chicken Breast Slices



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 Breast Slices 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 PREP

Adjust rack to middle position and preheat oven to 400 degrees. **Wash and dry all produce.** Bring  $\frac{3}{4}$  cup water and a pinch of **salt** to a boil in a small pot. Zest **lime** until you have  $\frac{1}{2}$  tsp zest, then cut in half. Cut one half into wedges. Mince **garlic**. Trim and thinly slice **scallions**, separating whites from greens.



## 4 MAKE PEANUT SAUCE

Heat a drizzle of **oil** in a large pan over low heat. Add **scallion whites** and remaining **garlic**. Cook, stirring, 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  $\frac{1}{4}$  cup **water**, stirring to combine. Turn off heat, then stir in a squeeze of **lime juice**. Season with **salt** and **pepper**. Transfer to a small bowl. Rinse and wipe out pan.



## 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 until browned and tender, 15-20 minutes. Once water is boiling, add **rice** to pot. Cover and reduce heat to a gentle simmer. Cook until tender, about 15 minutes.



## 5 COOK CHICKEN

Heat a drizzle of **oil** in same pan over medium-high heat. Add **chicken** and cook, stirring occasionally, until browned and cooked through, 5-6 minutes. **TIP:** Cook chicken in batches to avoid overcrowding.



## 3 MARINATE CHICKEN

In a medium bowl, combine **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 as much **peanut sauce** as you like. Garnish with **scallion greens**. Serve with **lime wedges** and any remaining sauce on the side.

## YUM!

Peanut sauce also pairs well with raw veggies and grilled meats.

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