



# CHICKEN SATAY WITH PEANUT SAUCE, ROASTED BOK CHOY AND RICE

FAST. EASY. FRESH.

**1.** Preheat your oven to 450°F. In a small pot, combine the **rice** with 1 ½ tsp. **sea salt** and 3 cups water. Bring to a boil, reduce to a simmer, and cover. Cook for 12-15 minutes or until rice is cooked and moisture is absorbed.

**2.** Meanwhile, cut the **chicken** into ¾” cubes, Toss in a bowl with 2 Tbsp. **canola oil**, ½ tsp. sea salt, and ½ tsp. **black pepper**. Thread the **chicken** onto the skewers and place them on a parchment-lined baking tray. Roast in the oven for 12-14 minutes, or until chicken is cooked.

**3.** While the chicken is cooking, wash and chop the **bok choy** into 1-inch pieces and toss in a bowl with 2 Tbsp. **canola oil**, ½ tsp. **sea salt**, and ½ tsp. **black pepper**. Spread out on a parchment-lined baking tray and when there are 5 minutes remaining on the chicken timer, add the bok choy to the oven and finish roasting together.

**4.** Meanwhile, peel and mince your **garlic**. In a small pot, heat 2 Tbsp. **canola oil**. Add in your **garlic** and **ginger** and sweat for 1-2 minutes.

**5.** Add the **soy sauce**, the juice from your lime, **peanut butter**, **brown sugar**, **chili flakes**, and 2/3 cup **water**. Heat while stirring until combined.

**6.** To serve, portion the rice into bowls and top with the roasted bok choy. Serve alongside the skewers and a bowl of the peanut sauce. Garnish with **sesame seeds**. Enjoy!

## Ingredients (4 Person Serving – 992 Calories Per Serving)

Chicken Breast	600 g	Lime	1
Canola Oil	6 Tbsp.	Crunchy Peanut Butter	½ Cup
Baby Bok Choy	4 Heads	Brown Sugar	2 Tbsp.
Basmati Rice	1 ½ Cup	Chili Flakes	2 tsp.
Minced Ginger	20 g	Sesame Seeds	2 Tbsp.
Garlic	4 Cloves	Salt and Pepper	To Taste
Soy Sauce	4 Tbsp.		



**35** Minute  
Cook  
Time!