



FAST. EASY. FRESH.

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

1. Preheat your oven to 450°F. In a small pot, combine the **rice** with ¼ tsp **sea salt** and 1 ½ cups water. Bring to a boil, reduce to a simmer, and cover. Cook for 12-15 minutes or until rice is cooked and water is absorbed.

2. Meanwhile, cut the **chicken** into ¾” cubes, Toss them in a bowl with 1 Tbsp. **canola oil**, ¼ tsp. **sea salt**, and ¼ 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 1 Tbsp. **canola oil**, ¼ tsp. **sea salt**, and ¼ 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 1 Tbsp. **canola oil**. Add your **garlic** and **ginger** and cook gently for 1-2 minutes.

5. Add the **Peanut Sauce Base** (**peanut butter**, **brown sugar**, and **soy sauce**), the juice from half your **lime**, **chili flakes**, and 1/3 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 (2 Person Serving – 992 Calories Per Serving)

Chicken Breast	300 g	Lime	1
Canola Oil	3 Tbsp.	Crunchy Peanut Butter	¼ Cup
Baby Bok Choy	2 Heads	Brown Sugar	1 Tbsp.
Basmati Rice	¾ Cup	Chili Flakes	1 tsp.
Minced Ginger	10 g	Sesame Seeds	1 Tbsp.
Garlic	2 Cloves	Salt and Pepper	To Taste
Soy Sauce	2 Tbsp.		



35

Minute
Cook
Time!