

# DINNERLY



## Chicken Satay Bowl with Rice & Snow Peas



20-30min



2 Servings

We took a healthy, protein-packed rice bowl, and made it feel a bit more indulgent with a creamy satay sauce. Chicken breasts are pan-roasted until golden brown, and then draped in the velvety, gingery, peanut-based sauce. Simple sautéed snow peas are piled on top of the fluffy rice, along with the chicken. The whole thing adds up to one SATAYsfying dinner. We've got you covered!

### WHAT WE SEND

- 5 oz jasmine rice
- 4 oz snow peas
- 1 oz fresh ginger
- 1.15 oz peanut butter <sup>5</sup>
- 10 oz pkg boneless, skinless chicken breasts

### WHAT YOU NEED

- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- neutral oil
- sugar

### TOOLS

- small saucepan
- medium skillet

### ALLERGENS

Peanuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 670kcal, Fat 23g, Carbs 73g, Protein 43g



#### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 15 minutes. Remove from heat and keep covered until ready to serve.



#### 2. Prep ingredients

Stack **snow peas**, then cut crosswise into thirds. Peel **¼ of the ginger**, then finely chop about 2 teaspoons (save rest for own use). In a small bowl, stir to combine **peanut butter**, **1 tablespoon vinegar**, and **¼ cup hot tap water**. Pat **chicken** dry, then pound to an even ¼-inch thickness, if desired, and season all over with **salt** and **pepper**.



#### 3. Cook chicken & snow peas

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **snow peas** and a **pinch each of salt and pepper**. Cook, stirring, until crisp-tender, 1 minute. Transfer to a plate. Add chicken to same skillet; cook until golden brown and cooked through, 2–3 minutes per side. Transfer to plate with snow peas.



#### 4. Make sauce

Heat **1 tablespoon oil** in same skillet over medium. Add **chopped ginger** and **2 teaspoons sugar**. Cook, stirring, until fragrant, about 1 minute. Remove skillet from heat. Add **peanut butter mixture** to skillet, and whisk until smooth. Season to taste with **salt** and **pepper**. (If sauce separates, add hot tap water, 1 tablespoon at a time, whisking until smooth.)



#### 5. Finish & serve

Add **chicken** to **sauce** and cook over medium, turning occasionally, until **chicken** is warmed and **sauce** is thick enough to coat the back of a spoon, about 1 minute. If sauce breaks, add 1 tablespoon hot tap water at a time, whisking constantly until smooth. Remove from heat; season to taste with **salt** and **pepper**. Serve **chicken** with **rice** and **snow peas**. Enjoy!



#### 6. Take it to the next level

If you have a fresh lime around, squeeze a wedge over the bowl to give it a little extra citrus tang.