



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department

SATAY CHICKEN STIR-FRY ON RICE

SERVES 4-5



INGREDIENTS

- 1 cup rice (white or brown)
- 200-800g (2-4 cups) chicken breast OR thigh.
- Cooking oil and Salt

Any combination of vegetables:

- Capsicum
- Cabbage
- Onion (peeled)
- Zucchini/courgette
- Carrot

Satay Sauce Ingredients:

- ½ can coconut cream (light if available) OR coconut milk OR coconut flavoured reduced milk OR ¼ cup tap water
- 3 Tbsp peanut butter
- 1½ Tbsp sugar (brown if available)
- 2 Tbsp soy sauce
- 2 tsp crushed or grated ginger
- 1 clove garlic, peeled and crushed OR 1 tsp garlic paste (optional)
- 1 tsp chilli flakes or chopped fresh chilli (optional)

METHOD

Read instructions carefully so that rice and stir-fry are ready to eat at the same time.

1. Cook rice. * Do not remove lid while rice is cooking.
Microwave: Put rice into a microwave safe bowl with 1 tsp salt and 1 tsp of vegetable oil or butter. Add 2 (white rice) or 3 (brown rice) cups of boiling water and stir. Cover and microwave on High for 12 (white rice) or 25 (brown rice) minutes. OR
Boil: Put rice, 2 cups water and 1 tsp salt into a pot. Bring to the boil, stirring regularly. Cover. Simmer on Lowest possible setting for: 15 (white rice) or 25 (brown rice) minutes.
2. While rice is cooking, use knife and chopping board to slice 4 cups of vegetables. Place prepared vegetables in a bowl, set aside.
3. Cut chicken into thin strips.
4. Heat 1 Tbsp oil in frying pan. Add chicken and fry until golden. ~~Chick~~ doesn't have to be fully cooked yet.
5. Add vegetables and fry for 5-10 minutes until vegetables have heated through but are still crunchy.
6. Add sauce ingredients and simmer for 2-3 minutes.
7. Serve with rice.