

Satay Partay

Gluten free,
Dairy free,
Contains nuts



Serves

4-6

Cooking time



Veg per serve



2



Serve with
cooked rice.



Ingredients

- | | |
|-------------------------|--|
| 1 brown onion | ½ cup natural peanut butter* |
| 2 cloves garlic | 1 tbsp salt-reduced chicken stock powder |
| 2 carrots | 1 tsp crushed ginger |
| 20 green beans (150g) | 1 cup boiling water |
| 1 bunch pak choy | 1 cup boiling water |
| 2 chicken breast (500g) | |

*Contains nuts

Equipment

- Chopping boards
- Knife
- Small bowl or jug
- Cup measures
- Spoon measures
- Spoon
- Frypan
- Large spoon



Tasty learning for life



How to make it



1. Chop onion and garlic. Slice carrots, beans and pak choy into small pieces. On a clean board, cut chicken breast into small pieces.



3. Spray frypan with oil and turn onto a medium heat. Cook onion and garlic for 2 minutes. Add chicken and cook until brown.



2. In a small bowl or jug, mix together $\frac{1}{2}$ cup peanut butter, 1 tbsp chicken stock, 1 tsp crushed ginger and 1 cup boiling water.



4. Add the carrot, beans and pak choy to the pan and cook until vegetables are soft.



5. Add the sauce to the frypan and cook, stirring until sauce thickens and serve.



nom!