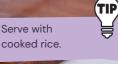
Satay Partay

Gluten free, Dairy free, Contains nuts













Ingredients

1 brown onion

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

*Contains nuts

Equipment

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



How to make it





 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.



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



 In a small bowl or jug, mix together ½ 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.







