

SATAY CHICKEN WITH FRIED RICE



SAVEUR PRODUCT USED

SATAY SPICE & KERALA FRIED RICE

SUBSTITUTIONS

Beef, pork or Tofu can be substituted.

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

For the meat:

- 1 lb. (500g) boneless, skinless chicken breasts, thinly sliced**
- 1 brown or yellow onion, sliced (1 cup)**
- 1 bell pepper, sliced (1.5 cups)**
- 1 carrot thinly sliced (1 cup)**
- 3.5 oz. (100g) green beans, tips trimmed**
- 2 tbsp. Soy sauce or coconut aminos**
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- 2-3 tsp. *Saveur Satay Spice***

For the vegetables:

- 1 onion, finely diced (3/4 cup)**
- 1 carrot, finely diced (3/4 cup)**
- 1 pepper, finely diced (3/4 cup)**
- 3.5 oz. (100g) green beans, finely diced**
- 1 tbsp. soy sauce or coconut aminos**
- 1 tbsp. *Saveur Kerala Fried Rice Spice***

PREPARATION INGREDIENTS

- 2 tbsp. ghee**
- 14 oz. (400ml) can coconut cream**
- ¼ cup peanut butter (or your choice of nut butter)**
- 1 egg**
- ¼ cup roasted nuts of choice**
- 4 cups of cooked rice**

METHOD

Bag 1 (large) – Mix chicken and sliced veggies with soy sauce and spices.

Bag 2 (medium) – Combine diced veggies with soy sauce and spices.

Remove all air from bags to prevent freezer burn. Place into large freezer bag, label, date and freeze until ready to use.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

In a wok or large frypan, brown the contents of Bag 1 in 1 tbsp. ghee. Add nut butter and mix well, working quickly to ensure it doesn't burn. Once combined, add coconut cream and reduce to a simmer. Stir occasionally as it thickens. Once thickened, remove from heat and set aside. In a separate wok or large frypan, brown the contents of Bag 2 in 1 tbsp. ghee. Crack egg over the top, stirring quickly, as it cooks. Remove vegetables from heat, add rice and mix well. Serve the chicken on top of the fried rice.

Note: For a milder dish, use 2 tsp. Satay Spice. For a "medium" heat level, use 3 tsp. Satay Spice.

