




# CHICKEN SATAY WITH RICE

 2 servings  Prep: 15 mins  Cook: 30 mins



## INGREDIENTS

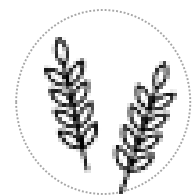
¾ cups uncooked brown rice  
25 ml low fat milk  
1 tbsp crunchy peanut butter  
1 tsp olive oil  
200 grams chicken breast  
2 cups frozen broccoli

## OPTIONAL

Chili  
Coriander  
Lime

## METHODS

1. In a rice cooker, cook the brown rice with 1 ½ rice cup of water.
2. In a small jug, combine reduced fat milk, peanut butter and kecap manis. Set aside until required.
3. In a heated pan, add 1 tsp of olive oil. Pan fry the chicken and cook for 3 minutes each side or until cooked through.
4. While the chicken is cooking, blanch the broccoli in hot water.
5. Add the sauce to the pan once the chicken is cooked. Toss to coat. Simmer for 1-2 mins or until the sauce thickens slightly.
6. Assemble the dish by scooping half of the rice in a bowl and topping it up with chicken and vegetables.
7. Serve hot and enjoy!



WHOLEGRAIN  
WEDNESDAY



< 500 KCAL  
DISHES

## Nutrition Information (per serving)

Energy 479 kcal, Carbohydrate 51g, Protein 34.2g, Fats 13.2g, Saturated Fats 2.5g, Polyunsaturated Fats 1.8g, Monounsaturated Fats 7.7g, Cholesterol 59.7mg, Dietary Fibre 8.0g, Sodium 105mg, Potassium 755mg, Phosphate 577mg