

OVERALL time: 30 mins

SPICY SATAY CHICKEN BOWL

The bowl food trend just isn't going away. We couldn't be happier because there are few things we like more than tucking into a bowl of super crunchy veggie awesomeness! For sustained energy that will have you roaring through your day, some carbs and protein are also called for. Our chicken satay bowl gives you all that - drenched in a tangy and creamy peanut satay sauce with just a hint of chilli spice.

Metric

Number of servings : 4

ingredients

For the satay sauce

- 1 Clove garlic, finely minced
- 2 Finely grated zest of lime
- 2 Juice of limes
- 2.5 ml Soy sauce, plus extra to taste
- 15 ml Vegetable oil
- 60 ml Smooth peanut butter
- 60 ml Boiling water
- 5 ml Brown sugar
- 10 ml **Cape Herb and Spice Sriracha Chilli**

For the bowl

- 4 Skinless chicken breasts, cut into very thin strips
- 1 Clove garlic, finely minced
- 3 cm Ginger, peeled and grated
- 45 ml Vegetable oil
- 10 ml Sesame oil
- 10 ml Soya sauce
- 500 ml Finely shredded purple cabbage
- 500 ml Finely sliced carrots
- 500 ml Baby spinach
- Handful of coriander
- 2 Spring onions, finely sliced

- 125 ml Peanuts
- 2 Rounds of rice noodles, soaked in boiling water for 5 minutes

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 10 mins

Blend together all the satay sauce ingredients (except the Sriracha chilli) until super smooth. A liquidizer or handheld blender works well, but brisk whisking with a handheld balloon whisk also does the trick. Stir in the Sriracha spice – start with a teaspoon’s worth and taste to see if you prefer it hotter. Once the heat level is to your liking, you may want to add a bit more soy to adjust salt levels.

Fry the chicken in the vegetable oil and sesame oil until almost cooked. Add the garlic, ginger and soy and fry for another minute or two. Plate up with the veggies and noodles, top with peanuts and serve with satay sauce.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

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