

ONE-PAN CREAMY THAI-INSPIRED PEANUT CHICKEN

Preparation: 20 minutes | Cooking: 30 minutes | Servings: 4

INGREDIENTS

For chicken:

1 pound boneless, skinless chicken breast, cubed
1 tablespoon olive oil
Salt and pepper

For peanut couscous:

3 cloves garlic, minced
1 (15-ounce) can light coconut milk
1 cup pearl couscous
3/4 cup low sodium chicken broth (or water)

1/2 cup creamy natural peanut butter
2-3 tablespoons soy sauce
1 tablespoon grated ginger
1 tablespoon chili paste or sriracha
1/4 teaspoon cayenne pepper (optional)

2 large carrots, thinly sliced
1 red bell pepper, julienned
3 cups broccoli florets



INSTRUCTIONS

Add oil in a large skillet over medium-high heat. Once hot, add chicken, season with salt and pepper and cook about 5 to 7 minutes. Cook chicken about halfway through and set aside. Reduce heat to medium-low, add garlic and cook for 30 seconds. Add coconut milk, chicken broth, peanut butter, soy sauce, ginger and chili paste to same skillet. Whisk together until well combined and smooth. Stir in couscous, carrots, broccoli and bell pepper. Add chicken back into pan. Bring to a simmer. Cover the pan, reduce heat to low and simmer for 15 minutes, stirring every so often to prevent couscous from sticking to the bottom. After 15 minutes, remove the lid and gently simmer for 5-10 more minutes uncovered. Garnish with honey roasted peanuts, green onion and cilantro.