Peanut Butter Chicken

Tender chicken in a creamy peanut, coconut, and lime sauce

SERVES 4	PREP 20 MIN	COOK 30 MIN	TOTAL 50 MIN



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breasts, cut into small pieces
- 2 tbsp (28 g) butter
- 1 tbsp (15 ml) neutral oil
- 4 garlic cloves, minced
- 1/2 cup (120 ml) chicken broth
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/3 cup (85 g) smooth peanut butter
- 1/2 cup (120 ml) coconut milk
- 1 tbsp (15 ml) alcohol-free soy-style seasoning
- 1 tbsp (15 ml) lime juice

METHOD

1. Season chicken with salt and pepper. Heat oil in a skillet and brown chicken in batches for 7-10 minutes, turning regularly.

2. Return chicken to skillet. Lower heat, add butter and garlic, and stir for 30 seconds.

3. Add broth and simmer gently 3-5 minutes until chicken reaches 165 F (74 C).

4. Stir in peanut butter, coconut milk, and seasoning; simmer gently for 2 minutes.

5. Finish with lime juice and loosen with water if needed. Serve hot with rice and vegetables.

TIP: Lower the heat before adding butter and garlic to prevent burning. Stir the sauce gently until smooth.

SAFE STORAGE: Check the thickest center of the chicken with a food thermometer; it must reach 165 F (74 C). Refrigerate in shallow covered containers within 2 hours (1 hour above 90 F / 32 C); keep at or below 40 F / 4 C and use within 3-4 days.

SERVE: Serve four portions with rice and vegetables.