



Thai Peanut Chicken

Jacob · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

8

Description

This Thai peanut chicken dish with broccoli is cooked in a spicy sauce. If you like it mild, use less cayenne; if you like it spicy, use more. If you're salt-conscious, use low-sodium soy sauce.

Ingredients

— 4 cups water - 2 cups uncooked white rice - 3 tablespoons soy sauce - 2 tablespoons creamy peanut butter - 2 teaspoons white wine vinegar - $\frac{1}{4}$ teaspoon cayenne pepper - 3 tablespoons olive oil - 4 skinless boneless chicken breast halves - cut into thin strips - 3 tablespoons chopped garlic - $1\frac{1}{2}$ tablespoons chopped fresh ginger root - $2\frac{1}{2}$ cups broccoli florets - $\frac{3}{4}$ cup chopped green onions - $\frac{1}{2}$ cup unsalted dry-roasted peanuts

Instructions

1. Combine water and rice in a saucepan over medium-high heat; bring to a boil. Reduce heat to low
2. cover
3. and simmer until rice is tender and liquid is absorbed
4. about 20 minutes. Meanwhile
5. stir together soy sauce
6. peanut butter
7. vinegar
8. and cayenne pepper in a small bowl; set aside. Heat olive oil in a skillet or wok over high heat. Cook and stir chicken
9. garlic
10. and ginger in hot oil until chicken is lightly browned
11. about 5 minutes. Reduce heat to medium and add broccoli
12. green onions
13. peanuts
14. and soy sauce mixture. Cook
15. stirring frequently
16. until broccoli is tender and chicken is cooked through
17. about 5 minutes. Serve chicken-broccoli mixture over cooked rice.