



JERNEJ KITCHEN

PEANUT BUTTER CHICKEN

Peanut Butter Chicken is a quick and easy mid-week lunch or dinner recipe. It's made in just 25 minutes. Creamy, rich, packed with flavors and veggies.

SERVES	4	PEOPLE
PREPARATION:	10	MINUT
COOK:	15	MINUTES
TOTAL TIME:	25	MINUTES

HOMEMADE CURRY PASTE

1 onion, peeled and chopped

2 cloves of garlic

1/2 chili

1 tbsp ginger, peeled and sliced

1 tbsp soy sauce

1 tbsp fish or oyster sauce

spices: 1 tsp turmeric, 1 tsp coriander seeds, 1 tsp garam masala, 1 tsp cumin

PEANUT BUTTER CHICKEN

2 chicken breasts (approx.450g / 1 pound)

2 tbsp sesame oil (or other vegetable oil)

1 yellow pepper

1 red pepper

1/2 cauliflower

2 tbsp smooth peanut butter (sugar free)

1 can full fat coconut milk (400 ml or 13.5 oz)

MAKE THE CURRY PASTE

First, let's make a simple homemade curry paste. In a blender mix onion, garlic, chili, ginger, soy sauce, fish sauce, turmeric powder, coriander seeds, cumin, and garam masala. Blend to get a smooth paste using a blender or pestle and mortar.

TIP

[Store-bought yellow or red curry paste will work too.](#)

COOK THE CHICKEN

Add chicken breasts, chopped into bite-sized chunks to a bowl. Season the chicken generously with salt and pepper. Place a large skillet over medium-high heat. Add sesame oil to the hot skillet. Add the chicken and cook for 4 - 5 minutes, stirring occasionally, until the chicken is golden brown.

TIP

[Sesame oil adds a distinctive aroma and richness, but other vegetable oils will work too.](#)

PEANUT BUTTER CHICKEN

Transfer the chicken to a plate. Add a bit of oil, chopped yellow and red pepper, and cauliflower cut in florets. Stir and cook for a few minutes over medium-low heat. Add the homemade curry paste, peanut butter and cook for a minute to extract the most flavor out of the spices and other ingredients. Add the chicken with all its juices and full-fat coconut milk. Stir to combine. Cook for approx. 5 minutes or until the sauce is rich, thick, and creamy, stirring occasionally.

SERVE

Divide the peanut butter chicken between four plates. Sprinkle with peanuts and serve with steamed vegetables, rice noodles

TOOLS AND EQUIPEMENT

blender or pestle and mortar
bowl
skillet

or basmati rice. Optionally serve with some fresh lemon or lime juice. Sprinkle with chopped spring onion or scallions or freshly chopped coriander or parsley.