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PEANUT NUTTER CHICKEN WITH CUCUMBER SALAD

Recipe



PEANUT NUTTER CHICKEN

with cucumber salad

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SERVES 2

✓ GLUTEN-FREE ✓ DAIRY-FREE

0.4G SUGAR/SERVE

PREP ~ 15 MINS COOK ~ 10 MINS

The Beauty Food Peanut Nutter Nut Butter can also be used in savoury meals! The creamy texture and slight sweetness from the monk fruit works perfectly in this Peanut Nutter Chicken recipe.

INGREDIENTS

PEANUT NUTTER CHICKEN

- 400g (about 4) chicken thigh fillets
- ¼ cup Beauty Food Peanut Nutter Nut Butter
- ¼ cup full fat coconut milk
- 1 tablespoon tamari or soy sauce
- 1 teaspoon ginger, grated
- 1 teaspoon fish sauce
- ½ lime, juiced

CUCUMBER SALAD

- 1 tablespoons white wine vinegar
- 2 tablespoons extra virgin olive oil
- Pinch sea salt
- Pinch freshly ground black pepper
- 2 medium Lebanese cucumbers, finely sliced
- 1 ½ cups sugar snap peas, finely sliced
- 2 tablespoons roasted, salted peanuts
- 1 long red chilli, finely sliced
- 1 cup coriander leaves, roughly chopped

METHOD

Preheat a BBQ grill to high (or you can do this on a grill plate over the stove top!).

For the peanut sauce, add the Beauty Food Peanut Nutter Nut Butter, coconut milk, tamari, ginger, fish sauce and lime juice into a bowl and mix well to combine.

Place the chicken into a separate bowl and add in half of the Peanut Nutter Sauce, tossing the chicken thighs to coat. Place onto the hot BBQ grill and cook for about 4 minutes on each side, or until charred and cooked through. Allow the chicken to rest while preparing the salad.

Add the vinegar, olive oil, sea salt and pepper to a bowl and whisk to combine. Add in the remaining ingredients and toss together until the salad is well coated.

Divide the salad and Peanut Nutter Chicken between plates to serve.