

---

## CRUSH IT! Café: Thai Peanut Chicken Stirfry

No more bland chicken and rice for your next meal prep. This stir-fry is full of flavor with a touch of heat and a bit of sweet. To add more carbs to the meal, use additional rice. For a lower carb meal, use cauliflower rice instead of jasmine rice.

### **Ingredients:**

1.5 lb. boneless, skinless diced chicken breast  
1 T. extra virgin olive oil  
1/2 cup (90g) jasmine rice  
1 bag (340g) broccoli cole slaw  
1/4 cup onions  
9oz. mushrooms  
2 T. (12g) PB2  
1 T. water  
1 T. (19g) honey  
1 T. (18g) chili garlic sauce  
1 T. Bragg's liquid aminos  
1 T. rice or apple cider vinegar

### **Directions:**

In a rice cooker or on stove-top, cook 1/2 cup jasmine rice. Measure total weight of cooked rice and divide evenly between each container. (Typically 1/4 dry jasmine rice equals 3/4 cup cooked rice).

Trim fat from chicken, cut into 1" chunk and season with garlic powder, salt, pepper and cilantro. In a small bowl, mix PB2 and water, whisk to combine. Add honey, chili garlic sauce, liquid aminos, vinegar and mix to incorporate sauce. Drizzle half the sauce over the chicken. Set aside.

Slice mushrooms and onions. In a large skillet, heat olive oil over medium heat and sauté onions and mushrooms. Add broccoli slaw and cook until soft. Evenly distribute veggies between 4 containers (about ~115g).

Return skillet to heat and coat with non-stick cooking spray. Add chicken and cook until no longer pink. Measure 4oz. of cooked chicken and place in each container. Drizzle remaining sauce over chicken if desired.

### **Macros**

Recipe makes 4 servings

Each serving: 304 calories, 8.2g Fat, 31.8g Carbohydrates, 30.5g Protein

