

Thai Peanut Chicken



This is a very tasty Asian-inspired dish made with chicken and broccoli in a spicy peanut sauce. If you like it mild, use less cayenne, like it spicy, use more. If you're salt conscious, use low sodium soy sauce.

By NIMITZ





Prep: 25 mins


Servings: 8

Cook: 15 mins

Total: 40 mins

Ingredients

- 2 cups uncooked white rice
- 4 cups water
- 3 tablespoons soy sauce
- 2 tablespoons creamy peanut butter 
- 2 teaspoons white wine vinegar
- ¼ teaspoon cayenne pepper
- 3 tablespoons olive oil 
- 4 skinless, boneless chicken breast halves - cut into thin strips
- 3 tablespoons chopped garlic
- 1 ½ tablespoons chopped fresh ginger root
- ¾ cup chopped green onions
- 2 ½ cups broccoli florets
- ½ cup unsalted dry-roasted peanuts



Safeway
525 El Camino Real
MENLO PARK, CA 94025


Jif Creamy Peanut Butter 40 Oz

\$7.49 for 1 item - expires in 1 week

Bertolli Original Extra Virgin Olive Oil 16.9 Fl Oz

\$9.19 for 1 item - expires in 3 days

May We Suggest



Campbell's® Condensed Cream of Chicken Soup

An extremely versatile classic the whole family will love

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Directions

Combine the rice and water in a saucepan over medium-high heat. Bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes, or until rice is tender. In a small bowl, stir together the soy sauce, peanut butter, vinegar, and cayenne pepper. Set aside.

Heat oil in a skillet or wok over high heat. Add chicken, garlic and ginger, and cook, stirring constantly, until chicken is golden on the outside, about 5 minutes.

Reduce heat to medium, and add green onion, broccoli, peanuts, and the peanut butter mixture. Cook, stirring frequently, for 5 minutes, or until broccoli is tender, and chicken is cooked through. Serve over rice.



Partner Tip

Reynolds® Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Nutrition Facts

Per Serving:

360 calories; 11.3 g total fat; 34 mg cholesterol; 410 mg sodium. 43.4 g carbohydrates; 21 g protein;

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