



Chicken Buddha Bowl

with Quinoa & Spicy Peanut Sauce

30-40min

2 Servings

Buddha bowls are one of our dinner go-to's with a general formula of grains, proteins, and vegetables. While there are no rules for these free-spirited bowls, we love picking ingredients that add layers of flavor and texture. This protein-packed version features quinoa, kale, grated carrots, fresh cilantro, and tender pan-roasted chicken breast covered in a spicy peanut sauce.

What we send

- 3 oz white quinoa
- 1 lime
- garlic
- 9 oz curly kale
- 1 carrot
- 1/4 oz fresh cilantro
- 3/4 oz pkt coconut milk powder ^{7,15}
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt peanut butter ⁵
- 1 pkt Sriracha

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- small saucepan
- box grater
- medium skillet

Allergens

Peanuts (5), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 43g, Carbs 48g, Protein 52g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **3/4 cup water**, and **a pinch of salt**. Bring to a boil. Reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, about 15 minutes. Keep covered until ready to serve.



4. Cook chicken

In a second medium bowl, combine **half of the garlic** and **2 teaspoons each of lime juice and oil**. Season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Pat **chicken** dry; season with **salt** and **pepper**. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer to bowl with **lime-garlic marinade**.



2. Prep ingredients

Squeeze **1 tablespoon lime juice** into a small bowl; cut remaining lime into wedges. Finely chop **1 teaspoon garlic**. Remove stems from **half of the kale**; roll leaves together and thinly slice crosswise (save rest for own use). Coarsely grate **carrot**. Coarsely chop **cilantro leaves and stems**. In a second small bowl, whisk to combine **coconut milk powder** and **3/4 cup hot tap water**.



5. Make peanut sauce

Heat **1 tablespoon oil** in same skillet over medium. Add **remaining garlic**; cook, stirring, until fragrant, about 30 seconds. Add **coconut milk**, **peanut butter**, and **2 teaspoons sugar**. Cook, stirring occasionally, until sauce is the thickness of heavy cream, 2-3 minutes. Off heat, stir in **Sriracha** and **remaining lime juice**. Season to taste with **salt** and **pepper**.



3. Season carrot-kale slaw

In a medium bowl, combine **2 tablespoons oil**, **2 teaspoons vinegar**, and **1/2 teaspoon sugar**, whisking until sugar dissolves. Season with **salt** and **pepper**. Add **sliced kale**, **carrots**, and **half of the cilantro**. Gently squeeze kale with your hands until it wilts slightly. Season to taste with **salt** and **pepper**.



6. Finish & serve

Fluff **quinoa** with a fork, then spoon into bowls. Serve quinoa topped with **chicken and garlic-lime marinade** and **kale-carrot slaw**. Drizzle **peanut sauce** over top and garnish with **remaining cilantro**. Enjoy!