



## 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
- 1 bunch curly kale
- 1 carrot
- ¼ oz fresh cilantro
- ¾ oz coconut milk powder <sup>1,4</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 1.15 oz peanut butter <sup>2</sup>
- 1 pkt Sriracha <sup>3</sup>
- garlic

## 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

Milk (1), Peanuts (2), Sulphites (3), Tree Nuts (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 770kcal, Fat 43g, Carbs 48g, Protein 52g



### 1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ 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 **¾ 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 **½ 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!