



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

- 12 oz cauliflower rice
- 1 lime
- 1 bunch curly kale
- 1 carrot
- ¼ oz fresh cilantro
- ¾ oz coconut milk powder^{7,15}

- 12 oz pkg boneless, skinless chicken breasts
- 1.15 oz peanut butter⁵
- 1 pkt Sriracha¹⁷
- garlic

What you need

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

Tools

- box grater
- medium skillet
- microwave

Allergens

Peanuts (5), Milk (7), Tree Nuts (15), Sulphites (17). 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. 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**.



4. 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**.



2. 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**.



5. Cook cauliflower rice

Add **cauliflower rice** to a medium bowl. Cover and microwave until just tender, stirring halfway through, 4-5 minutes. Season to taste with **salt** and **pepper**. Keep covered until ready to serve.

Alternatively, heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season to taste.



3. 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**.



6. Finish & serve

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