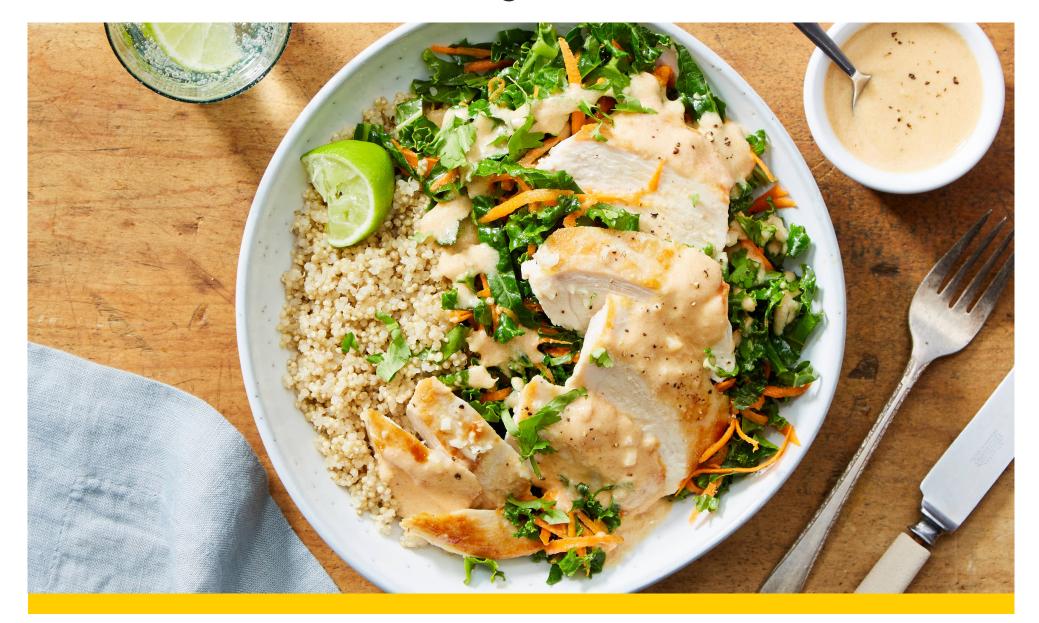
MARLEY SPOON



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 butter ⁵
- 1 pkt Sriracha 17
- 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 **3**⁄4 **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.



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.



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.



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!