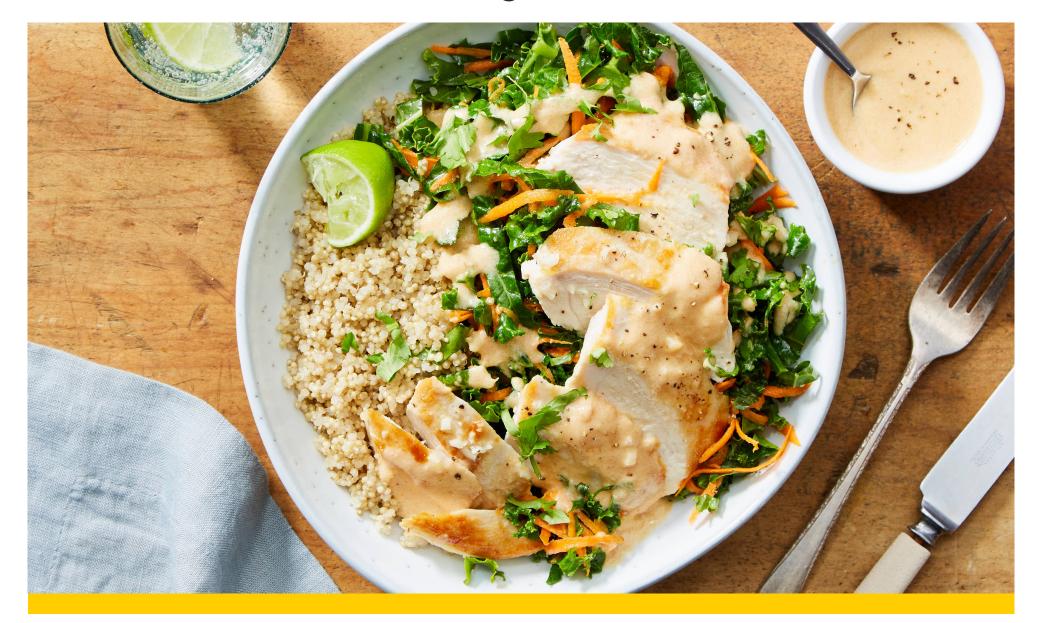
MARLEY SPOON



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

- 3 oz white quinoa
- 1 lime
- 1 bunch curly kale
- 1 small bag carrots
- ¼ oz fresh cilantro
- ¾ oz coconut milk powder ^{1,2}
- 12 oz pkg boneless, skinless chicken breasts
- 1.15 oz peanut butter ³
- 1 pkt Sriracha
- 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), Tree Nuts (2), Peanuts (3). 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.



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**.



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.



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.



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**.



6. Finish & serve

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