

Peanut Butter Chicken Curry

 2 servings

566 Kcal / serving

44g Protein 22g Fat 50g Carbs

Ingredients

- 1 - Small onion
- 150g - Piece butternut squash (you need 100g of flesh)
- 2 - Garlic cloves
- 2.5cm - Piece fresh ginger root
- 2 - Mild red chillies (optional)
- 1 - Lemongrass stalk
- 1 teaspoon - Ground cumin
- 1 teaspoon - Ground coriander
- 1 teaspoon - Ground turmeric
- 1 - lime
- 2 - Skinless and boneless chicken fillets
- 80g - Wholegrain rice
- 2 teaspoons - Rapeseed or olive oil



- 200g - Tinned light coconut milk
- 1 tablespoon - Reduced sodium soy sauce
- 3-4 tablespoons (45-60g) - Water (optional)
- Freshly ground black pepper
- 1 ½ tablespoons - Peanut butter (100% nuts)

The Method

Cut the onion in half, then peel and finely grate. Peel the butternut squash and cut into small cubes – you need 100g of flesh. Peel the garlic and ginger, then finely grate. If using chillies, cut one of them in half, then remove the seeds and finely chop. Cut the other chilli into thin rings for garnish. Trim the lemongrass stalk and remove the outer layers, then finely chop.

Place the garlic with half of the lemongrass and the ginger into a bowl. Add half of the cumin, coriander and turmeric. Cut the lime in half and squeeze in half of the juice, then cut the remaining half into 2 wedges for garnish. Season with pepper and mix to combine.

On a clean chopping board, cut the chicken into cubes and add to the garlic, lemongrass and ginger mixture, stirring to combine. Set aside to marinate for at least 15 minutes or cover with clingfilm overnight in the fridge is perfect.

Rinse the rice in a sieve and put in a pan with 250ml of water. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes for perfectly cooked rice.

Heat a wok or large frying pan over a medium to high heat. Add the oil, swirling it up the sides and then tip in the grated onion with the rest of the lemongrass and the chilli, if using, stirring to combine. Stir in the spices and then the peanut butter followed by the coconut milk and soy sauce. Stir-fry for 4-6 minutes until well reduced and thickened.

Bring the curry to a gentle simmer and stir in the butternut squash and chicken, then cook for 8-10 minutes until the sauce has reduced and slightly thickened and the butternut squash and chicken are tender, adding a little of the water if you think the sauce is becoming too reduced. Test the chicken with a small sharp knife that the juices run clear. Leave to rest for a few minutes.

Fluff up the rice and divide between bowls. Add the chicken peanut curry and top with the reserved chilli rings, if using and lime wedges to serve.



Suitable for vegetarians



Suitable for batch cooking