



**Peanut Butter Chicken
Curry**

Serves 2 (each serving contains
approximately 530 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

- 1 small onion
- 150g piece butternut squash (you need 100g)
- 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 oil (10g)
- 1½ tablespoons natural peanut butter (no added sugar or salt – 22.5g)
- 200g tinned light coconut milk
- 1 tablespoon reduced sodium soy sauce (15g)
- 3-4 tablespoons water (45-60g) (optional)
- salt (optional) and freshly ground black pepper

Method

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

Place the garlic with half of the lemon grass 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 lightly with salt (optional) and freshly ground black pepper and mix to combine.

On a clean chopping board, cut the chicken into cubes and add to the garlic, lemon grass and ginger mixture, stirring to combine. Set aside to marinate for at least 15 minutes or covered 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 and then leave to sit for another 10 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 lemon grass and the chilli, if using, stirring to combine.

Stir-fry for 1-2 minutes. Stir in the rest of 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.