



Peanut butter chicken



Prep: 10 mins
Cook: 40 mins



Easy



Serves 4



Ingredients

2tbsp avocado oil

8 skinless boneless chicken thighs, cut into chunks

1 onion, finely chopped

3 garlic cloves, crushed

2 red chillies, finely sliced (deseeded if you don't like it too hot)

2tsp fresh ginger, grated

2tbsp garam masala

100g smooth peanut butter

400ml coconut milk

400g can chopped tomatoes

coriander, ½ roughly chopped, ½ leaves picked

roasted peanuts, to serve

cauliflower rice to serve

Method

Step 1 Heat 1 tbsp of the oil in a deep frying pan over a medium heat. Brown the chicken in batches, setting aside once golden. Fry the onion for 8 minutes until softened. Then add the garlic, chilli and ginger and fry in the other 1 tbsp oil for 1 min. Add the garam masala and fry for 1 min more.

Step 2 Stir in the peanut butter, coconut milk and tomatoes, and bring to a simmer. Return the chicken to the pan and add the chopped coriander. Cook for 30 mins until the sauce thickens and the chicken is cooked through.

Step 3 Serve with the remaining coriander, roasted peanuts and rice, if you like.