

Grilled Chicken with Peanut Sauce & Crunchy Mint-Veggie Salad



30 minutes | 2 servings

Find cookware

[aluminum foil](#)
[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grill pan, outdoor grill, or skillet](#)
[measuring spoons](#)
[mixing bowls](#)
[stirring spoon](#)
[tongs](#)
[whisk or fork](#)

Grab ingredients

1/2	avocado
3/4 lb	chicken breasts, boneless skinless
1/2	English cucumber
1/2 small pkg	fresh mint
1 clove	garlic
1/2 pint	grape tomatoes
1/2	lime
1	orange bell pepper
1	shallot
	black pepper
	coriander, ground
	crushed red pepper
	curry powder
	extra virgin olive oil
	honey
	mayonnaise
	natural peanut butter
	rice vinegar
	salt
	soy sauce
	turmeric, ground

Cook & enjoy

- 1 Wash and dry the fresh produce.
 - 1/2 lime
 - 1/2 pint grape tomatoes
 - 1 orange bell pepper
 - 1/2 English cucumber
 - 1/2 avocado
 - 1/2 small pkg fresh mint
- 2 Juice lime into a small bowl; add peanut butter, soy sauce, honey, water, and spices. Whisk to combine the peanut sauce and set aside.
 - 2 tbsp natural peanut butter
 - 2 tsp soy sauce
 - 1 1/2 tsp honey
 - 1 tsp water
 - 1/8 tsp turmeric, ground
 - 1 pinch curry powder
 - 1 pinch coriander, ground

- 3 Peel and mince garlic; place in a medium bowl along with soy sauce, oil, and crushed red pepper. Whisk to combine the marinade.
 - 1 clove garlic
 - 2 tsp soy sauce
 - 1 ½ tsp extra virgin olive oil
 - ⅛ tsp crushed red pepper
- 4 Pat the chicken dry with paper towels and place on a cutting board. Holding a knife parallel to the cutting board, cut the chicken in half horizontally to form thin cutlets. Add to the bowl with the marinade, turn to coat, and set aside.
 - ¾ lb chicken breasts, boneless skinless
- 5 Place oil, mayo, vinegar, salt, and pepper in another medium bowl; whisk to combine the dressing and set aside.
 - 2 tsp extra virgin olive oil
 - 2 tsp mayonnaise
 - 1 tsp rice vinegar
 - ¼ tsp salt
 - ⅛ tsp black pepper
- 6 Preheat a grill pan, outdoor grill, or regular skillet over medium-high heat.
- 7 Once the grill pan is hot, add chicken and cook until charred and cooked through, 3-4 minutes per side. Remove to a plate and loosely cover with aluminum foil.
- 8 While the chicken is cooking, using a clean cutting board, peel, halve, and thinly slice shallot into half-moons; add to the bowl with the dressing and toss to coat.
 - 1 shallot
- 9 Quarter tomatoes. Trim, seed, and small dice bell pepper; add both to the bowl.
- 10 Trim and quarter cucumber lengthwise, then cut crosswise into ¼-inch thick pieces; add to the bowl.
- 11 Halve and pit avocado, then scoop out with a spoon and medium dice; add to the bowl.
- 12 Pick mint leaves off the stems; discard stems and mince the leaves. Add to the bowl and stir to combine the salad.
- 13 To serve, divide chicken and salad between plates; drizzle chicken with peanut sauce and enjoy!