

Sautéed Chicken Thighs with Brussels Sprouts & Peanut Sauce



40 minutes | 2 servings

Find cookware

[aluminum foil](#)
[broiler pan or baking dish](#)
[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[measuring spoons](#)
[mixing bowls](#)
[stainless steel or cast iron skillet](#)
[stirring spoon](#)
[tongs](#)
[whisk or fork](#)

Grab ingredients

1 lb	Brussels sprouts
1 lb	chicken thighs, boneless skinless
1 clove	garlic
½	lime
1	shallot
	black pepper
	crushed red pepper
	honey
	natural peanut butter
	salt
	soy sauce
	virgin coconut oil

Cook & enjoy

- 1 Wash and dry the fresh produce.
1 lb brussels sprouts
½ lime
- 2 Remove the outer layer of leaves from the Brussels sprouts, then trim off and discard the stem ends; quarter the sprouts lengthwise and transfer to a medium bowl.
- 3 Preheat a skillet over medium-high heat.
- 4 While the skillet heats up, pat the chicken thighs dry with paper towels and place on a plate; season generously with salt and pepper on both sides.
1 lb chicken thighs, boneless skinless
½ tsp salt
¼ tsp black pepper
- 5 Once the skillet is hot, add coconut oil and swirl to coat the bottom.
1 tbsp virgin coconut oil
- 6 Carefully place the chicken thighs in the skillet; sear on both sides until golden brown, 2 to 3 minutes per side. Then, reduce the heat to medium and continue to cook until they are cooked through, 3 to 5 minutes total. Once done, transfer to a plate and cover with foil to keep warm.
- 7 While the chicken cooks, trim off and discard the ends of the shallot; peel and mince the shallot.
1 shallot
- 8 Once the chicken has been transferred, add the shallot to the skillet and cook, stirring frequently, until softened, 2 to 3 minutes.
- 9 Add the Brussels sprouts to the skillet; cook, stirring frequently, until lightly browned and tender, 4 to 6 minutes. Once done, remove from the heat.
- 10 While the sprouts cook, juice the lime and transfer to a small bowl.

11 Trim off and discard the root end of the garlic; peel and mince or press the garlic. Add to the lime juice.

1 clove garlic

12 To the lime juice and garlic, add peanut butter, water, soy sauce, honey, and crushed red pepper; whisk together.

2 tbsp natural peanut butter

1 ½ tbsp water

1 tbsp soy sauce

1 tsp honey

¼ tsp crushed red pepper

13 To serve, divide the chicken thighs and Brussels sprouts between dishes; drizzle with the peanut sauce or serve the sauce on the side for dipping. Enjoy!