

# 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 1/2 tsp extra virgin olive oil  
1/8 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.

3/4 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  
1/4 tsp salt  
1/8 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 1/4-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!