

# Pan-Fried Chicken Thighs with Thai-Inspired Kale, Carrot & Peanut Salad



30 minutes | 2 servings

## Find cookware

[chef's knife](#)  
[citrus juicer \(optional\)](#)  
[colander](#)  
[cutting board](#)  
[grater](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[stainless steel or cast iron skillet](#)  
[tongs](#)  
[vegetable peeler](#)  
[whisk or fork](#)

## Grab ingredients

1 medium	carrot
1 lb	chicken thighs, boneless skinless
½ small bunch	green onions (scallions)
½ bunch	kale
½	lime
	black pepper
	crushed red pepper
	honey
	natural peanut butter
	salt
	sesame seeds
	soy sauce
	toasted sesame oil
	virgin coconut oil

## Cook & enjoy

- 1 Wash and dry the fresh produce.  
½ bunch kale  
½ small bunch green onions (scallions)  
1 carrot  
½ lime
- 2 Preheat a skillet over medium-high heat.
- 3 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
- 4 Once the skillet is hot, add coconut oil and swirl to coat the bottom.  
1 tbsp virgin coconut oil
- 5 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.
- 6 Cut out and discard the kale stems; halve the leaves lengthwise, then chop crosswise into ¼-inch-thick strips. Transfer to a large salad bowl.
- 7 Peel the carrot, then trim off the ends; discard the peels and trimmings. Using a box grater, coarsely grate the carrot. Add to the salad bowl.
- 8 Trim off and discard the ends of the green onions; cut the onions crosswise into ¼-inch pieces at an angle. Add to the salad bowl.
- 9 Juice the lime and transfer to a small bowl.

**10** To the lime juice, add peanut butter, water, soy sauce, honey, sesame oil, and crushed red pepper; whisk together.

2 tbsp natural peanut butter  
1 tbsp warm water  
1 tbsp soy sauce  
1 tsp honey  
 $\frac{1}{2}$  tsp toasted sesame oil  
1 pinch crushed red pepper

**11** Pour the dressing over the salad and toss to coat.

**12** To serve, divide the chicken thighs and salad between plates; sprinkle the salad with sesame seeds. Enjoy!

$\frac{1}{2}$  tsp sesame seeds