

Thai Chicken Peanut Curry Stir fry

- ½ cup creamy peanut butter
- ¼ cup water
- 3 tablespoons honey or maple syrup
- 2 tablespoons low sodium soy sauce
- 3 tablespoons Thai red curry paste
- 2 tablespoons rice vinegar
- 1 tablespoon minced fresh ginger
- 2 cloves garlic minced

Whisk together in a medium bowl and set aside.

- 2 tablespoons canola oil
 - 1 medium onion, chopped
 - 1 pound boneless skinless chicken breasts or thighs cut into ½ inch pieces
 - 6 cups vegetables of choice, ½" chopped
 - ½ cup dry-roasted peanuts, roughly chopped
 - ½ cup fresh cilantro, chopped
 - Prepared rice for serving, preferably brown
1. In a large wok or deep, large nonstick skillet, heat 1 tablespoon of the oil over medium-high heat. Once the oil is hot, add the onion and cook until fragrant and beginning to soften.
 2. Add the chicken and sauté, stirring occasionally, until fully cooked through and the juices run clear, about 4 minutes. Remove the chicken and onion from the skillet and set aside.
 3. Add the remaining 1 tablespoon oil, then the vegetables. Start with the veggies that take the longest to cook. Sauté until crisp-tender, 3 to 5 minutes.
 4. Return the chicken and onion to the skillet. Add the reserved peanut sauce. Toss to coat evenly, and cook until heated through, about 2 minutes.
 5. Stir in the peanuts and cilantro. Serve hot over rice, topped with additional chopped peanuts and cilantro as desired.

Serves 6