

Dutch Oven Chicken & Rice with Spicy Peanut Sauce



Spicy Peanut Sauce Ingredients:

- ½ c. sugar-free peanut butter (creamy or chunky)
- 1½ T. rice vinegar
- 1 T. Sriracha sauce
- 1 T. fresh ginger, finely minced
- 1 T. honey, preferably local
- 2 t. tamari or coconut aminos
- 1-3 T. very warm water

Remaining Ingredients:

- 3 T. extra virgin olive oil, divided
- 1½ lbs. bone-in, skin-on chicken thighs, patted dry
- Sea salt and black pepper, to taste
- 2 T. fresh ginger, finely chopped
- 2-3 large cloves garlic, finely chopped
- ½ medium white onion, finely chopped
- 1 c. Basmati rice, thoroughly rinsed and drained
- 1 T. tamari or coconut aminos
- ½ T. five spice powder
- 1¼ c. chicken broth
- 1/3 c. fresh cilantro, chopped

Directions:

1. Combine peanut butter, rice vinegar, sriracha sauce, ginger, honey, and tamari in a medium bowl. Stir to combine. If desired, add warm water, one tablespoon at a time, until sauce reaches desired consistency. Set aside.
2. Heat two tablespoons olive oil in a 6-quart cast iron Dutch oven over medium heat. Add the chicken thighs, skin side down, and season with salt and black pepper, to taste. Cook until nicely browned and the chicken releases easily, approximately 7-8 minutes. Turn the chicken thighs and cook for another 4-5 minutes before transferring the chicken to a platter. Set aside.
3. Add the remaining olive oil to the Dutch oven, along with the ginger, garlic, and white onion. Season with salt and black pepper, to taste, and stir to combine. Cook, stirring occasionally, until the onions soften and start to turn golden brown, approximately 4-5 minutes.

natural
awakenings

Prep time: 20 minutes
Cook time: 40-45 minutes
Serves: 4

Continue next page

Dutch Oven Chicken & Rice with Spicy Peanut Sauce

natural
awakenings

Directions (continued):

4. Add the Basmati rice and cook, stirring continually, until “toasted,” approximately 1-2 minutes. Add the tamari, five spice powder, and chicken broth and stir to combine before returning the browned chicken thighs to the pot.
5. Increase heat to medium-high to bring the liquid to a boil, then immediately reduce heat to low. Cover and cook for 25 minutes. Remove cover and check the rice for doneness. If necessary, continue cooking a few minutes longer or until the rice is tender. Remove from heat and let rest for 10 minutes.
6. Remove cover and transfer the chicken thighs to individual serving plates. Add the chopped cilantro and fluff the rice mixture with a fork. To serve, divide among the serving plates and top with some of the spicy peanut sauce. Enjoy!



. “Appreci-eat” your food!
Savor the flavor and eat
slowly. It takes your body
about 20 minutes to
realize it’s full. -Karen
Salmansohn