

THAI CHICKEN BUDDHA BOWLS

Ingredients

- **1 cup** farro (or brown rice)
- **¼ cup** chicken stock
- **1 ½ tablespoons** sambal oelek, *ground fresh chile paste*
- **1 tablespoon** brown sugar
- **1 tablespoon** freshly squeezed lime juice
- **1 pound** boneless skinless chicken breast, *cut into 1-inch chunks*
- **1 tablespoon** cornstarch
- **1 tablespoon** fish sauce
- **1 tablespoon** olive oil
- **2 cloves** garlic, *minced*
- **1 shallot**, *minced*
- **1 tablespoon** freshly grated ginger
- Kosher salt and freshly ground black pepper, *to taste*
- **2 cups** shredded kale
- **1 ½ cups** shredded purple cabbage
- **1 cup** bean sprouts
- **2 carrots**, *peeled and grated*
- **½ cup** fresh cilantro leaves
- **¼ cup** roasted peanuts

FOR THE SPICY PEANUT SAUCE

- **3 tablespoons** creamy peanut butter
- **2 tablespoons** freshly squeezed lime juice
- **1 tablespoon** reduced sodium soy sauce
- **2 teaspoons** dark brown sugar
- **2 teaspoons** sambal oelek, *ground fresh chile paste*

Directions:

- To make the spicy peanut sauce, whisk together peanut butter, lime juice, soy sauce, brown sugar, sambal oelek and 2-3 tablespoons water in a small bowl; set aside.
- Cook farro (OR brown rice) according to package instructions; set aside.
- In a small bowl, whisk together chicken stock, sambal oelek, brown sugar and lime juice; set aside.
- In a large bowl, combine chicken, cornstarch and fish sauce, tossing to coat and letting the chicken absorb the cornstarch.
- Heat olive oil in a large skillet over medium heat. Add chicken and cook until golden, about 3-5 minutes. Add garlic, shallot and ginger, and cook, stirring frequently, until

fragrant, about 2 minutes. Stir in the chicken stock mixture until slightly thickened, about 1 minute; season with salt and pepper, to taste.

- Divide farro into bowls. Top with chicken, kale, cabbage, bean sprouts, carrots, cilantro and peanuts.
- Serve with spicy peanut sauce.

Recipe credit: Damned Delicious