

Chicken & Broccoli Slaw with Peanut Sauce

14 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
2. In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
3. In a large salad bowl, combine broccoli slaw, red pepper and green onion.
4. Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian

Use roasted chickpeas instead of diced chicken.

Slow Cooker Version

Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead

The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 1 **1/4 lbs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1/4 **cup** All Natural Peanut Butter
- 1 **tbps** Tamari
- 1 **Lime** (juiced)
- 1 **tbps** Extra Virgin Olive Oil
- 1 **tbps** Ginger (peeled and grated)
- 1 **Garlic** (clove, minced)
- 1/4 **cup** Water
- 4 **cups** Broccoli Slaw
- 1 **Red Bell Pepper** (sliced)
- 3 **stalks** Green Onion (chopped)
- 1/4 **cup** Cilantro (chopped, optional)
- 1/4 **cup** Raw Peanuts (chopped)