Ben's Original™/MC

Tasty Thai Chicken & Peanut Butter Rice Bowl



TIME	40 min
INGREDIENTS	17 items
MAKES	4 servings

Get creative in the kitchen with this incredibly easy, and incredibly delicious, bowl – chicken, rice and the perfect blend of flavours, including ginger, soy, citrus and peanut butter. Dig in!

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INGREDIENTS

- 1 cup (250 mL) BEN’S ORIGINAL™ Jasmine Rice
- 1 1/2 cups (375 mL) Low sodium chicken broth

- 1 Fresh lime, half juiced and remaining cut into wedges
- 3 tsp (15 mL) Low sodium soy sauce
- 1 Tbsp (15 mL) All natural smooth peanut butter
- 1 tsp (5 mL) Brown sugar
- 1 Clove garlic, minced
- 1 Tbsp (15 mL) Minced fresh gingerroot
- 1 Tbsp (15 mL) Vegetable oil
- 1 lb (500 g) Boneless skinless chicken breasts, cubed
- 1 Large carrot, thinly sliced diagonally
- 2 Zucchini, thinly sliced in rings
- 1/2 lb (250 g) Snow peas
- 1/4 tsp (1 mL) Salt-free garlic and herb seasoning blend
- 1 Green onion, finely chopped
- 2 Tbsp (30 mL) Finely chopped fresh cilantro
- 4 Lime wedges

INSTRUCTION

1. Whisk together chicken broth, lime juice, soy sauce, peanut butter, brown sugar, garlic and ginger; set aside.
2. In large skillet, heat oil over medium-high heat; cook chicken for 3 to 5 minutes or until browned. Add rice; cook, stirring, for 2 minutes.
3. Stir in chicken broth mixture; bring to simmer. Reduce heat to low; cover and cook for 15 minutes or until rice is tender and liquid is absorbed. Remove from heat; let stand, covered, for 5 minutes.
4. Meanwhile, steam carrot for 5 minutes. Add zucchini; steam for additional 3 minutes. Add snow peas; steam for additional 3 minutes or until vegetables are tender-crisp. Toss gently with salt-free garlic and herb seasoning blend.
5. Divide rice mixture among 4 shallow bowls. Top with steamed vegetables and garnish with green onion and cilantro. Serve with lime wedges.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 420
- Carbohydrates (g) 49 g
- Dietary Fiber (g) 4 g
- Protein (g) 34 g
- Sugar (g) 8 g
- Sodium (mg) 530 mg
- Total Fat (g) 9 g

CATEGORIES :

Chicken, more than 20, Dry Plain Rice

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Chicken Stir Fry

Cooking time

20 min

Ingredients

11 items



Thai Pineapple Jasmine Rice Salad

Cooking time

10 min

Ingredients

10 items



Sweet and Sour Peach and Pork Stir Fry with Jasmine Rice

Cooking time

30 min

Ingredients

13 items

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