

## Thai Peanut Chicken Bake – Serves 4-5



### Ingredients:

- 6 Bone-in chicken thighs
  - Or boneless chicken thighs
  - Or 4/5 chicken breasts
- ¼ cup Peanut butter
- 3 Garlic cloves
- 2 tbsp. Honey
- 2 tbsp. Rice vinegar
  - Or cider vinegar
- 2 tsp. Peanut oil
  - Or sesame oil
  - Or olive oil
- ¼ cup Low sodium soy sauce
- ¼ tsp. Hot sauce (optional amount)

### Directions

1. Preheat oven to 375F.
2. Blend all ingredients except the chicken thighs until smooth.
3. Place chicken thighs in an oil sprayed baking dish.
4. Pour sauce on top.
5. Bake covered for 35 min or until internal temperature reaches 74C/165F
6. Enjoy! 😊