Cooking with Autism

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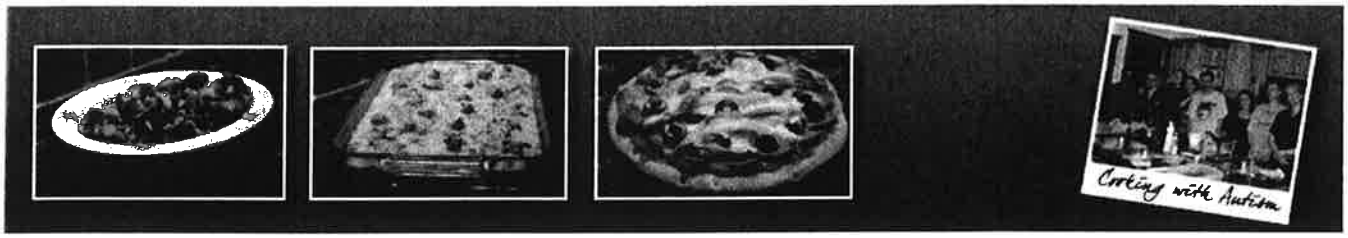


CHICKEN IN PEANUT SAUCE RECIPE

Chicken in Peanut Sauce

(serves 4)

Utensils & Appliances:

- ☐ apron
- ☐ measuring tablespoon [15 ml]
- ☐ measuring teaspoon [5 ml]
- ☐ 1/4 teaspoon [1.2 ml]
- ☐ chopping board
- ☐ chopping knife
- ☐ lemon juicer
- ☐ garlic press
- ☐ medium mixing bowl (minimum capacity 4 cups [1000 ml])
- ☐ dinner fork (for mixing sauce)
- ☐ dinner knife (for leveling measuring spoon)
- ☐ can opener
- ☐ storage container with lid (for freezing extra coconut milk)
- ☐ non-stick skillet (or cast iron skillet)
- ☐ non-scratching spoon for stirring in skillet (plastic, fiberglass or wooden)

Nutrition Facts

Serving Size (105g)
Servings Per Container

Amount Per Serving

Calories 230 Calories from Fat 90

% Daily Value*

Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 270mg	**11%**
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 27g	

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

☐ stovetop

INGREDIENTS:

- ☐ 1 pound boneless, skinless chicken breast [454 - 500 grams]
- ☐ 2 tablespoons peanut butter, smooth or crunchy [30 ml]
- ☐ lime, for 1 tablespoon freshly squeezed lime juice [15 ml]
- ☐ garlic cloves, for 2 teaspoons minced garlic [10 ml]
- ☐ 3 tablespoons light coconut milk [45 ml]
- ☐ 1/4 teaspoon salt [1.2 ml]
- ☐ 1 teaspoon molasses [5 ml]
- ☐ 2 teaspoons honey [10 ml]
- ☐ non-stick cooking spray
- ☐ 1 teaspoon canola oil (or untoasted sesame oil) [5 ml]

INSTRUCTIONS:

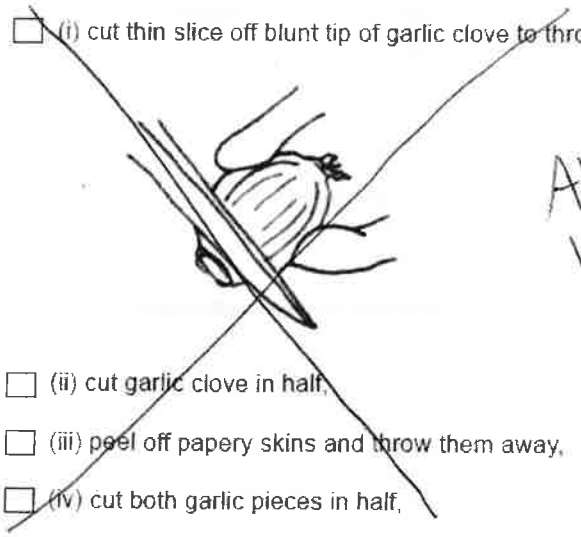
☐ 1. Measure 2 tablespoons peanut butter into mixing bowl, using dinner knife to level peanut butter in measuring spoon.

☐ 2. Into mixing bowl, add:

- ☐ • 1/4 teaspoon salt,
- ☐ • 2 teaspoons honey, &
- ☐ • 1 teaspoon molasses.

☐ 3. To mince 2 teaspoons garlic, do as follows:

- ☐ (i) cut thin slice off blunt tip of garlic clove to throw away,



Alyssa will demonstrate how to seperate cloves from bulbs & remove papery skin

- ☐ (ii) cut garlic clove in half,
- ☐ (iii) peel off papery skins and throw them away,
- ☐ (iv) cut both garlic pieces in half,
- ☐ (v) put some garlic pieces into garlic press,
- ☐ (vi) operate garlic press over chopping board,

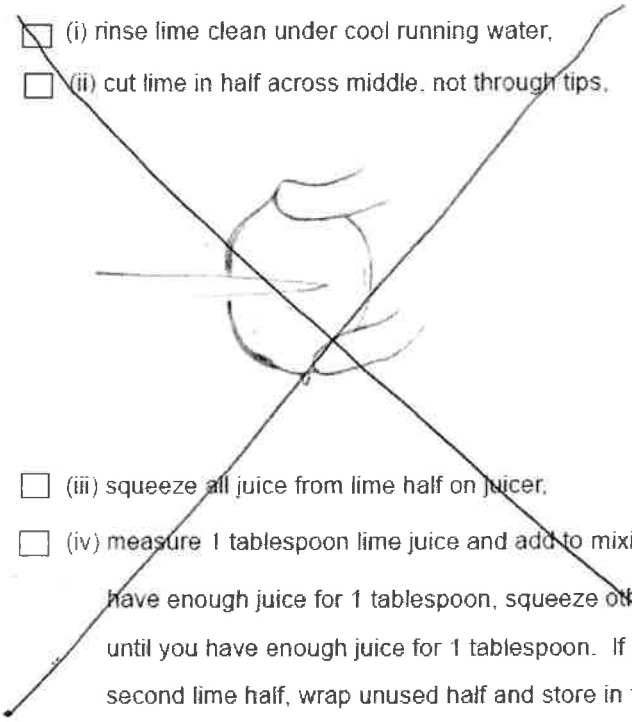
resume instructions

- ☐ (vii) add more garlic pieces to press and operate again,
- ☐ (viii) operate press until all garlic pieces have gone through press,
- ☐ (ix) slice any strands hanging from press onto chopping board,

- ☐ (x) pry out any pulp stuck in press (using knife tip or fork tines) onto chopping board,
- ☐ (xi) chop up pulp,
- ☐ (xii) measure 2 teaspoons minced garlic into mixing bowl. If you don't have enough minced garlic for 2 teaspoons, repeat these steps for mincing garlic until you have 2 teaspoons.

☐ 4. To get 1 tablespoon fresh lime juice, do as follows:

- ☐ (i) rinse lime clean under cool running water,
- ☐ (ii) cut lime in half across middle, not through tips,



we are using bottled lime juice

- ☐ (iii) squeeze all juice from lime half on juicer,
- ☐ (iv) measure 1 tablespoon lime juice and add to mixing bowl. If you don't have enough juice for 1 tablespoon, squeeze other lime half on juicer until you have enough juice for 1 tablespoon. If you have not used second lime half, wrap unused half and store in fridge.

☐ 5 To measure 3 tablespoons light coconut milk, do as follows:

- ☐ (i) shake unopened coconut milk can well (if using container of stored coconut milk, stir it well to mix)
- ☐ (ii) wipe clean top of can with damp cloth,

- [ ] (iii) open can,
- [ ] (iv) measure 3 tablespoons coconut milk and add to mixing bowl,
- [ ] (v) pour unused coconut milk into container, close with lid and store in freezer (unless it will be used in 3 days, in which case you can store it in refrigerator).

- [ ] 6. Use dinner fork to mix together ingredients in mixing bowl well.
- [ ] 7. Rinse 1 pound chicken breast clean under cool water and place on chopping board.
- [ ] 8. Cut (or pull) off any large blobs of fat to throw away. Fat is the white stuff.
- [ ] 9. Cut chicken into strips about the length and thickness of your biggest finger. Here's one way to do that:

- [ ] 10. Stir sauce in mixing bowl with fork again.
- [ ] 11. Add all chicken strips to sauce.
- [ ] 12. Move chicken around in sauce with fork until all strips are completely coated.
- [ ] 13. Take skillet away from work area and spray inside it with non-stick cooking spray.
- [ ] 14. Measure 1 teaspoon canola oil into skillet

- [ ] 15. Put skillet on stovetop, and bring mixing bowl of chicken and spoon for stirring in skillet near stovetop.
- [ ] 16. Put stovetop under skillet on HIGH to heat oil quickly. Do not let oil bubble or turn golden or brown.
- [ ] 17. Add all chicken and sauce from mixing bowl.
- [ ] 18. Stir chicken without stopping in skillet at HIGH (or just below HIGH) for between 5 and 8 minutes so it's completely cooked. It will have a more solid-looking color when cooked–no glossy, slightly see-through look.
- [ ] 19. Turn off heat.
- [ ] 20. Serve chicken (or, while you wait to serve, move skillet to cooler part of stovetop so chicken doesn't overcook).

Enjoy!

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