

Chef John's Peanut Curry Chicken

My peanut chicken curry recipe doesn't follow a specific recipe from any particular country or culture; instead, it's a simple composite of every peanut curry I've ever come across. I didn't use coconut milk, as I feel that's a little too sweet and rich for the peanut butter. I love how this came out, and I can't imagine it being any richer.

By **John Mitzewich** |

Prep Time: 15 mins

Cook Time: 1 hr

Total Time: 1 hr 15 mins

Ingredients

Spice Blend:

- 1 tablespoon kosher salt, plus more to taste
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper

Curry:

- 2 ½ pounds skinless, boneless chicken thighs, cut into 2-inch pieces
- 2 tablespoons vegetable oil
- 1 large yellow onion, chopped
- 6 cloves garlic, minced
- 1 tablespoon finely grated fresh ginger
- 3 ½ cups chicken broth, or to taste
- ¾ cup unsweetened natural peanut butter
- ½ cup ketchup
- 1 tablespoon packed brown sugar
- 1 pound zucchini, cut into chunks
- 1 medium red bell pepper, cut into chunks
- 1 medium green poblano pepper, diced
- ½ cup roasted peanuts, plus more for garnish
- 2 cups hot cooked rice
- 1 medium lime, cut into wedges
- 3 tablespoons chopped fresh cilantro, for garnish

Directions

Step 1

Make the spice blend: Mix salt, coriander, cumin, turmeric, paprika, and cayenne pepper together in a small bowl.

Step 2

Make the curry: Place chicken in a large bowl. Add 1/2 of the spice blend and mix until chicken is thoroughly coated.

Step 3

Heat oil in a heavy pot over high heat. Add 1/2 of the chicken and cook until browned on all sides, 5 to 7 minutes. Transfer to a bowl. Repeat to brown remaining chicken.

Step 4

Reduce the heat to medium, add onion to the chicken drippings, and sauté for 1 to 2 minutes. Add garlic and ginger; cook until fragrant, about 1 minute. Add remaining spice blend; cook and stir for 1 minute. Pour in chicken broth; add browned chicken plus accumulated juices. Stir in peanut butter, ketchup, and brown sugar; bring to a simmer.

Step 5

Reduce the heat to maintain a gentle, steady simmer. Simmer, stirring occasionally, for 30 minutes. Stir in zucchini, bell pepper, poblano pepper, and 1/2 cup peanuts; continue to simmer until chicken juices run clear and vegetables are fork-tender, 30 to 40 minutes. Remove from the heat.

Step 6

Serve curry over rice with a squeeze of lime. Garnish with cilantro and more peanuts as desired.

Nutrition Facts

Per serving: 648 calories; total fat 43g; saturated fat 9g; cholesterol 122mg; sodium 1653mg; total carbohydrate 32g; dietary fiber 5g; protein 36g; vitamin c 44mg; calcium 73mg; iron 4mg; potassium 847mg