



## *Spicy Peanut Chicken*

**Preparation Time:** 10 minutes  
**Cooking Time:** 15-20 minutes  
**Serves:** 4  
**GL per serving:** 4

### **Ingredients:**

50g / ½ cup peanuts  
1 tsp ground mixed spice  
½ - 1 tsp chilli powder (depending on how hot you like it)  
4 chicken breasts  
1 free range egg, beaten

### **Method:**

Grind the peanuts in a blender and mix in the spices. Put the mixture on a plate. Dip the chicken breasts in the egg, then in the peanut mix. Grill or bake until cooked thoroughly. Serve with low-GL veggies or salad.

### **Variations:**

- This also makes a good kebab recipe for a barbecue
- For a 'warm chicken salad' cook the chicken above, slice and toss into a salad of lovely leaves. Dress with lemon juice and olive oil and plenty of black pepper.