



Curried Peanut Dip

Servings

8

Calories

140

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

- 1 tablespoon canola oil
- 1 large shallot, minced
- 1 tablespoon fresh ginger, minced
- 3 garlic cloves, minced
- 2 teaspoons curry powder
- ½ teaspoon crushed red pepper flakes
- 1 cup chicken stock
- ½ cup creamy peanut butter
- Juice of 1 lime
- 1 tablespoon soy sauce
- 1 tablespoon brown sugar (packed)



The Method

Heat oil in a sauce pan on medium high. Add the shallot, and stir for 2-3 minutes. Add ginger, garlic, curry powder and chili flakes and stir for 1 more minute, until fragrant. Add chicken stock, peanut butter, lime juice, soy sauce, brown sugar and whisk to combine. Once the sauce thickens slightly, remove pan from heat.

Cool the dip in the refrigerator for at least two hours before serving. If needed, add a splash of chicken stock and whisk before serving.

Serve with Mann's Stringless Sugar Snap Peas or other crudité's.

Makes approximately 1 cup.

Nutrition Facts

Serving Size: 69g | Servings: 8

Amount Per Serving

Calories 140 | Total Fat 10g (sat fat 2g trans 0g) | Cholesterol 0mg | Sodium 220mg | Total Carbohydrate 9g | Dietary Fiber 1g | Sugars 5g (Includes 2g Added Sugars) | Protein 5g | Vitamin D 0% | Calcium 2% | Iron 6% | Potassium 4%