

Piquant peanut sauce

Ingredients required for 6 persons

Preparation time 10 minutes

Difficulty medium

Ingredients

2 cloves of garlic
200 g peanuts
2 EL cane sugar or coconut
flower sugar
3 EL light soy sauce
200 ml coconut milk
3 EL peanut oil
0.5 TL chili spice oil
2 Prise pepper
0.5 TL salt
juice of half a lemon



Preparation

Briefly toast the peanuts in a pan without oil. Peel garlic cloves, chop roughly and brown in the pan for a minute. Place peanuts and garlic in a bowl and add the remaining ingredients. Blend to desired texture with a hand blender. Ideal for Asian vegetable pans, chicken skewers and roasted vegetables.