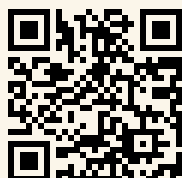


Thai Peanut Sauce

Recipe and video by Chef Robin Jeep, Enliven Foods



Scan to watch the video
<https://www.youtube.com/watch?v=aLieRkoAXgc>



Scan for this recipe page
Kitchen Monk Watch & Cook page
(Chef Robin shows the ingredients and steps in the video)

Please note: the video shows the creator's original recipe. The SOS-free suggestions in this kit were written by Kitchen Monk, not by the creator, and have not been kitchen-tested.

Step 1: Write down the ingredients as you watch

- Chef Robin shows her ingredients and method in the video; we have not found a separate written version. Pause the video and jot them here:

Ingredients from the video

[] _____
[] _____
[] _____
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Kitchen Monk SOS-free shopping add-ons (general tips)

- [] Peanut butter made from peanuts only (no added salt, sugar, or oil)
- [] Limes, fresh garlic, and fresh ginger, to brighten without soy sauce or tamari
- [] Soft dates, for sweetness instead of sugar, honey, or syrup
- [] A pinch of chili flakes or fresh chili
- [] Vegetables to dip or toss: cabbage, carrots, cucumbers, broccoli, peppers

Equipment

- [] Blender or food processor (or a bowl and whisk)
- [] Measuring cups and spoons
- [] Jar with a lid for leftovers

Our general SOS-free tips (not changes to her recipe; not tested)

- Soy sauce, tamari, and miso add salt; for strict SOS-free, leave them out.
- Thin with water rather than coconut milk to keep saturated fat low.
- Peanut allergy: this sauce is not for you. Sunflower-seed butter is an idea (untested).

Storage and food safety

- Keep the sauce in a covered jar in the refrigerator and use within a few days.
- It thickens when cold; stir in a little water.

My notes

Free from Kitchen Monk (kitchenmonk.org). Educational, not medical advice; if you take medicines for blood sugar or blood pressure, have kidney disease, or have food allergies, check with your care team. The video and written recipe belong to their creator; this kit links to them and does not reproduce them. Listing does not mean the creator has reviewed or endorsed Kitchen Monk. Questions or corrections: rfjeep@gmail.com. Prepared October 4, 2026.