

Peanut Noodles with Chicken & Sauteed Veggies



Whip up your own takeout inspired noodles with this recipe that is packed with lean chicken and veggies in a spicy, sweet, and peanutty sauce!

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 50 MIN
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INGREDIENTS

For the Sauce:

½ cup	Peanut Butter, natural, no sugar added
¼ cup	Soy Sauce, reduced sodium
1/3 cup	Water
2 Tbsp	Sesame Oil
1 each	Lime, juiced
2 Tbsp	Rice Vinegar
1 Tbsp	Honey
2 tsp	Sriracha
2 tsp	Ginger, fresh, peeled and grated
2 cloves	Garlic, grated
¼ cup	Cilantro, chopped

For the Noodles:

10 oz	Whole Wheat Spaghetti
1 lb	Chicken Breast, boneless and skinless, cut into bite-sized pieces
1 Tbsp	Olive oil, <u>divided</u>
2 heads	Broccoli, cut into small florets (about 8 cups chopped)
¾ cup	Water
2 large	Carrot, peeled, grated (about 2 cups)
1 cup	Edamame, shelled, frozen (thawed)
3 stalks	Green Onion, thinly sliced
3 Tbsp	Peanuts, roasted, unsalted, chopped

CHEF'S NOTES

Tahini or seed butter like sun butter can be substituted for the peanut butter and peanuts for a nut-free version of this dish.

Pro tip – For a safer method to peel ginger with less waste, use a spoon! Hold the bowl of the spoon firmly with your thumb and forefinger. Scrape the ginger root with the edge of the spoon to easily remove the thin ginger skin.

This Asian inspired peanut noodle dish makes for great leftovers, served hot or cold. For a tangier dish, you can add extra vinegar or lime to the sauce.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring a large saucepot of water to a boil over high heat. Once boiling, place the spaghetti into the pot and cook the pasta for 7-8 minutes. Drain the pasta and rinse under cold water to remove excess starch. Set aside, away from heat.
3. While waiting for the water to boil and the noodles to cook, cut the chicken and vegetables according to ingredient instructions above.

4. Heat a large **nonstick** sauté pan over medium-high heat and 1½ tsp of olive oil. When the oil is hot, add the chicken and sauté until golden brown and cooked to 165°F, flipping halfway through, about 4-5 minutes total. Using tongs, remove cooked chicken to a clean plate and set aside to cool.
5. After removing the cooked chicken, add the remaining 1½ tsp olive oil to pan. Add the broccoli and sauté for 1-2 minutes. Add water to the pan, a few tablespoons at a time, to help cook the broccoli until it becomes tender and brighter, about 5 minutes.
6. Add the edamame to the pan and let it cook until slightly browned, about 2 minutes. Add the carrot and cook for 1-2 minutes more.
7. Meanwhile, prepare the sauce by adding all the sauce ingredients to a large blender pitcher, and blend until smooth.
8. When the vegetables have finished cooking, transfer to a separate bowl and place them in the refrigerator to cool for 5-10 minutes.
9. When the vegetables have cooled and the sauce is prepared, combine the noodles, vegetables, cooked chicken, and sauce in a large bowl and toss to combine. Garnish with the chopped peanuts and green onions.

Nutrition Facts	
8 servings per container	
Serving size	1 1/2 cups (284g)
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 370mg	16%
Total Carbohydrate 42g	15%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 29g	58%
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3mg	15%
Potassium 880mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: WHEAT, PEANUTS, SOY, SESAME



