



Asian Peanut Chicken with Noodles

<u>U.S.</u>		<u>Metric</u>
8 ounces	Brown Rice Pad Thai Noodles	227g
1 cup	Edamame, frozen, shelled	155g
1/2 cup	Peanut Butter, smooth, no sugar added	128g
2 Tbsp	Rice Vinegar, unseasoned	30mL
3 Tbsp	Soy Sauce, reduced sodium	45mL
1 tsp	Fish Sauce	5mL
1 Tbsp	Honey	15mL
1/4 cup	Water	60mL
1/4 tsp	Red Pepper Flakes	1 g
2 Tbsp	Toasted Sesame Oil	15 mL
8 ounces	Chicken Breast, boneless, skinless	227g
1 large	Carrot, shredded	1 large
2 stalks	Green Onion, sliced thin	2 stalks
1/4 cup (about 1/2 bunch)	Cilantro Leaves, fresh, roughly chopped	80g (about 1/2 bunch)
2 Tbsp	Peanuts, dry roasted, unsalted, rough chopped	20g

Preparation:

1. Gather all ingredients and equipment.
2. Cook the noodles and cook according to package directions (the cook time varies depending on the brand you use). Add edamame to the noodles when there is 1 minute left of cooking time. The noodles should be tender, but not mushy. Strain and rinse under cold water. Place in a bowl and toss with 1 tablespoon of toasted sesame oil.
3. While waiting for the water to boil and the noodles to cook, make the peanut sauce. Using a blender, blend the peanut butter, rice vinegar, soy sauce, fish sauce, honey, water, and red pepper flakes until smooth. Add more water if needed to make a smooth, pourable sauce. If a tangier sauce is desired, add more rice vinegar 1 tablespoon at a time.
4. Dice chicken into 1/2" sized pieces.
5. Place a large saute pan over medium-high heat and add the sesame oil. When the oil is hot add the chicken. Saute chicken until fully cooked, about 3-5 minutes. Chicken should reach an internal temperature of 165 °F / 74 °C.
6. Combine noodles, cooked chicken, carrots, and green onion in a large bowl. Add the sauce and toss to combine. Garnish with chopped peanuts and cilantro. This dish is best served room temperature or cold.

*** Note: If there is a peanut allergy, the peanut butter can be exchanged for tahini, and the peanuts for sesame seeds in the same amounts.**

****Nutrition Facts on Reverse**

Nutrition Facts

5 Servings

Serving size **1 1/2 cups**

Amount per serving

Calories **500**

Total Fat 23 g

 Saturated Fat 4 g

 Trans Fat 0 g

 Monounsaturated Fat 1.5 g

Cholesterol 35 mg

Sodium 520 mg

Total Carbohydrate 51 g

 Dietary Fiber 7 g

 Total Sugars 7 g

 Includes 3g Added Sugars

Protein 25 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 300 mg

Phosphorus 120 mg
