



## 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
1/2 cup (about 1 bunch)	Cilantro Leaves, fresh	80g (about 1 bunch)
2 Tbsp	Rice Vinegar	30mL
3 Tbsp	Soy Sauce, reduced sodium	45mL
1 tsp	Fish Sauce	5mL
1 Tbsp	Honey	15mL
2 Tbsp	Water	30mL
1/4 tsp	Red Pepper Flakes	1 g
1 Tbsp	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
2 Tbsp	Peanuts, dry roasted, unsalted, rough chopped	20g

### Preparation:

1. Gather all ingredients and equipment.
3. In a large pot, bring 3 quarts of water to a boil. Add 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 set aside.
3. While waiting for the water to boil and the noodles to cook, make the peanut sauce. Using a blender, blend the peanut butter, cilantro, rice vinegar, soy sauce, fish sauce, honey, water, and red pepper flakes until smooth.
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 2-3 minutes. Chicken should reach an internal temperature of 165 °F / 74 °C.
6. Add the sauce and remaining ingredients (noodles, edamame, green onion, carrot).
7. Allow ingredients to heat through and then turn off the heat. If you leave on the heat for too long the sauce will dry out. Garnish with chopped peanuts and serve warm.

**\* 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**

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## Nutrition Facts

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5 Servings

**Serving size**            **1 1/2 cups**

**Amount per serving**

**Calories**                    **470**

Calories from Fat            180

**Total Fat**                    20 g

    Saturated Fat            3.5 g

    Trans Fat                 0 g

    Monounsaturated Fat    1.5 g

**Cholesterol**                30 mg

**Sodium**                      580 mg

**Total Carbohydrate**      52 g

    Dietary Fiber            8 g

    Total Sugars             7 g

        Includes 3g Added Sugars

**Protein**                      24 g

Vitamin D                    0 %

Calcium                      2 %

Iron                          2 %

Potassium                  300 mg

Phosphorus                 120 mg

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