

THAI CHICKEN PASTA

PEANUT BUTTER SAUCE INGREDIENTS

- 1 t Sesame oil
- 2 t Ginger (fresh) (grated)
- 3 cloves Garlic (minced)
- 1 C Chicken broth (low-sodium) **OR** vegetable broth (low sodium)
- 1/2 C Peanut butter (creamy or chunky)
- 1/4 C Tamari sauce (low sodium)
- 1 T Coconut sugar
- 3 T Vinegar (rice **OR** white vinegar)
- 1 t Chili garlic sauce **OR** sriracha
- 1 C Coconut milk (lite)



INGREDIENTS

- 1 t Sesame oil
- 1 Peppers (red) (cut into thin strips)
- 16 - 20 Snap peas
- 1 lb Chicken (breasts) (cut into strips)
- 2 Carrots (peeled) (shaved)
- 1 Spaghetti **OR** linguine (whole-wheat **OR** gluten free) (cooked as directed on package)
- 1/2 C Cilantro (fresh) (optional)

DIRECTIONS

- 1 Heat a sauce pan over medium heat & 1 t of the oil
- 2 Add ginger & garlic, saute (about 30 seconds)
- 3 Add broth, peanut butter, tamari sauce, sugar, vinegar & chili sauce
- 4 Stir together until peanut butter is smooth (about 5 minutes)
- 5 Add coconut milk & stir until heated
- 6 Remove sauce from heat & keep warm with a lid on top of pan.
- 7 Heat 1 t of oil in a large skillet over medium high heat
- 8 Add peppers & snow peas & saute (about 5 minutes)
- 9 Remove from skillet & set aside
- 10 Add chicken strips & cook until no longer pink (about 10 minutes)
- 11 Add the carrots, vegetables, cooked pasta & peanut sauce to the cooked chicken in the skillet
- 12 Toss well so everything is covered with the sauce
- 13 Top with fresh cilantro & peanuts (optional)



NOTES

Serves 8 - 10



