

# THAI CHICKEN PEANUT NOODLES

## WITH BELL PEPPERS & COLESLAW MIX



SERVINGS: 4



ACTIVE: 35 MIN | TOTAL: 35 MIN

You'll want to cover everything in this savory peanut sauce after you try it over chicken and noodles! Enjoy this hot or cold - it will definitely make a great lunch too!



### INGREDIENTS

#### PEANUT SAUCE

- 2 tsp ginger, fresh, grated
- 4 Tbsp peanut butter
- 5 Tbsp water
- 2 Tbsp vinegar, rice
- 1 Tbsp soy sauce, low-sodium
- 1 Tbsp lime juice
- 1 Tbsp Sriracha
- 4 tsp brown sugar

#### THAI CHICKEN PEANUT NOODLES

- 1 red bell pepper, sliced thinly
- 6 oz pasta, spaghetti or linguini
- 1 lb chicken breasts, boneless and skinless, sliced into strips
- 1 tsp garlic powder
- 3 Tbsp cilantro, chopped
- 1 Tbsp oil, cooking
- 10 oz coleslaw mix

### PREP:

- Ginger / Bell pepper** - Prep as directed. Store separately.
- Make peanut sauce** - Combine peanut butter and water in a microwave-safe bowl or liquid measuring cup. Microwave for ~30 seconds. Stir in ginger, rice vinegar, soy sauce, lime juice, Sriracha, and brown sugar. Taste; if it's too salty, add more water. If it's too tart, add in more sugar.
- Cook noodles** - Bring a saucepan of water to boil. Salt generously and add pasta. Cook until al dente, tender but not soggy.
- Chicken** - Slice into strips and then season with garlic powder and some salt and pepper. Tenderize with a fork.
- Cilantro** - Chop.

### MAKE:

- Heat a wok or saute pan over medium-high heat. Add cooking oil and then chicken to heated oil. Saute until golden on the outside, ~5 minutes.
- Fold in peppers and coleslaw mix and saute for another 3 to 8 minutes, depending on how crunchy or soft you like your veggies.
- Add noodles, sauce, and cilantro and toss everything through. Taste and season with more salt, pepper, lime juice, and / or hot sauce. Enjoy!

# PINEAPPLE FRIED COCONUT RICE

## WITH KALE, BELL PEPPERS & CASHEWS



SERVINGS: 4



ACTIVE: 30 MIN | TOTAL: 30 MIN

We love the bright colors of this one-dish meal that includes fresh veggies such as leafy green kale and bell peppers. Curry paste and pineapple give the finished product a sweet and spicy contrast.



### INGREDIENTS

#### COCONUT RICE

- ¾ cup rice, uncooked white or brown
- ¾ cup coconut milk, light
- ½ cup + 2 Tbsp water

#### PINEAPPLE FRIED COCONUT RICE

- 1 bell pepper, any color, diced
- 3 leaves kale, leaves and stems chopped and separated
- 2 cloves garlic, chopped
- 2 stalks green onions, chopped, green and white parts separated
- 2 Tbsp soy sauce, low-sodium
- 1 tsp curry paste, red (sub any color curry paste)
- 1 tsp fish sauce (opt)
- 1 tsp vinegar, rice
- ½ tsp oil, toasted sesame
- 1 lime, wedges
- ½ cup pineapple chunks, frozen or canned
- 4 eggs
- 1 Tbsp + 1 Tbsp oil, cooking
- ½ cup cashews, roasted and unsalted
- 1 tsp sesame seeds (opt)
- 2 tsp Sriracha (opt) (sub hot sauce of choice)

### PREP:

- 1 Make coconut rice** - For white rice, rinse until clear. Fill a saucepan or Dutch oven with rice, coconut milk, water, and some salt. Cover with lid and bring to a boil. Once water boils, stir, lower heat to a low-medium, and cover. Check white rice after ~20 min; brown at ~45 min. Rice is done when it's absorbed all the water. If it's not done, leave the cover on until all water has been absorbed. Take cover off to release steam and fluff with a wooden spoon after 5 minutes.
- 2 Bell pepper / Kale / Garlic / Green onions** - Prep as directed.
- 3 Make sauce** - Whisk together garlic, soy sauce, curry paste, fish sauce, vinegar, and toasted sesame oil.
- 4 Limes** - Slice into wedges.
- 5 Pineapple** - Defrost and chop if using frozen. Drain and rinse if using canned.
- 6 Eggs** - Whisk eggs with some salt and pepper.

### MAKE:

- 1** Heat a wok over medium-high heat. Add first part of cooking oil and then eggs. Scramble eggs until they are cooked to your liking. Set eggs aside and return wok to heat.
- 2** Add second part of cooking oil and then bell peppers and kale stems to heated oil. Saute until bell peppers are tender, 2 to 3 minutes.
- 3** Add white parts of green onions (reserve green parts) and saute until fragrant, ~1 minute more.
- 4** Add coconut rice, kale leaves, and pineapple and stir to combine.
- 5** Push all ingredients to the side, forming a donut in the middle of the wok. Pour in sauce and simmer until it thickens slightly.
- 6** Add cashews and scrambled eggs and stir to coat everything in sauce.
- 7** Divide fried rice between bowls and top with sesame seeds (if using), green parts of green onions, and lime wedges.
- 8** Finish fried rice with Sriracha (or another hot sauce) at the table if you'd like. Enjoy!

# SESAME GINGER CHICKEN LO MEIN WITH BROCCOLI, BELL PEPPERS & CASHEWS



SERVINGS: 4



ACTIVE: 35 MIN | TOTAL: 35 MIN

Freshly grated ginger, toasted sesame oil, honey, rice vinegar, and soy sauce come together to create a rich and savory sauce that coats lo mein noodles, chicken, and veggies.



## INGREDIENTS

### GINGER STIR-FRY SAUCE

- 1 Tbsp ginger, grated
- ¼ cup soy sauce, low-sodium
- 2 Tbsp vinegar, rice
- 2 Tbsp oil, toasted sesame
- 2 Tbsp honey
- ¼ tsp red pepper flakes (opt)

### SESAME GINGER CHICKEN LO MEIN

- 10 oz broccoli, chopped
- 1 red bell pepper, diced
- 2 cloves garlic, chopped
- 2 stalks green onions, chopped, white and green parts separate
- 10 oz noodles, lo mein (sub udon or soba noodles)
- 1 lb chicken breasts, boneless and skinless, cubed
- 1 Tbsp + 1 Tbsp oil, cooking
- ½ cup cashews, roasted and unsalted
- 2 tsp lime juice
- 2 tsp sesame seeds, white (opt)

## PREP:

- 1 Make sauce** - Grate ginger. Combine ginger, soy sauce, vinegar, toasted sesame oil, honey, and red pepper flakes.
- 2 Broccoli / Bell pepper / Garlic / Green onions** - Prep as directed. Keep green onion whites and greens separate.
- 3 Cook noodles** - Cook noodles according to package instructions.
- 4 Chicken** - Slice chicken into cubes. Season with some salt and pepper.

## MAKE:

- 1** Heat a wok with first part of cooking oil over medium-high heat. Add chicken and saute until chicken is cooked through, 4 to 6 minutes. Set chicken aside and return wok to heat.
- 2** Add second part of cooking oil and then broccoli. Saute until broccoli is cooked through (add a splash of water and cover with a lid if you'd like the broccoli more tender), 3 to 4 minutes.
- 3** Add bell peppers, garlic, and white parts of green onions and saute for 1 minute. Pour sauce over top and bring to a simmer.
- 4** Stir chicken, noodles, and cashews into stir-fry. Toss everything together.
- 5** Squeeze lime juice over lo mein and top with sesame seeds and green parts of green onions. Enjoy!