

DINNER

Lemon Chive Noodles

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	5 min	20 min	6	\$0.83	343 kcal



You can never have too many main course recipes, so give Lemon Chive Noodles a try. Watching your figure? This dairy free recipe has 343 calories, 14g of protein, and 4g of fat per serving. This recipe serves 6. For 83 cents per serving, this recipe covers 12% of your daily requirements of vitamins...

Ingredients

- ☐ 6 servings Freshly ground black pepper
- ☐ 1 bunch chives, chopped into 1-inch lengths
- ☐ 2 lemons, zested and sliced
- ☐ 1 tablespoon extra-virgin olive oil
- ☐ ½ cup tamari sauce
- ☐ 2 cups chicken stock
- ☐ 6 servings Hot sauce, optional
- ☐ 1 pound whole-wheat fettuccine or pappardelle noodles
- ☐ 6 servings Salt

EQUIPMENT Pot

Method

- 1 Bring a large pot of salted water to a boil add the pasta and cook until just shy of al dente.
- 2 Drain.
- 3 While pasta water comes to a boil, heat the stock, oil, sliced lemon and tamari sauce and allow to reduce over medium-high heat, about 7 to 8 minutes. Toss cooked pasta with sauce for 1 to 2 minutes to absorb flavor, add in reserved zest and chives then serve as first course or a side dish. Spice it up with pepper or hot sauce to pass at table.

Nutrition per serving

343	14 g	4 g	61 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			2.8 g · 11% of daily needs
Sugar			3.7 g · 4% of daily needs
Sodium			1,396 mg · 61% of daily needs
Cholesterol			2.4 mg · 1% of daily needs
Vitamin C			3.2 mg · 4% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/lemon-chive-noodles-148469