



## Spicy Thai Noodles with Ginger Peanut Dressing

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



713 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 chicken breasts cut into bite-size cubes
- 1 teaspoon chile oil
- 0.5 cup creamy peanut butter
- 1 small bunch cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated
- 2 teaspoons ginger fresh grated
- 2 cloves garlic minced

- 2 tablespoons grapeseed oil
- 6 servings kosher salt
- 0.3 cup soya sauce light
- 1 cranberry-orange relish
- 1 pound linguine pasta
- 0.3 cup rice vinegar
- 2 tablespoons sesame oil
- 2 teaspoons sesame oil
- 3 tablespoons soya sauce
- 1 bunch spring onion thinly sliced
- 3 tablespoons sugar
- 2 thai chiles diced seeds removed
- 4 thai chiles seeds removed halved lengthwise

## Equipment

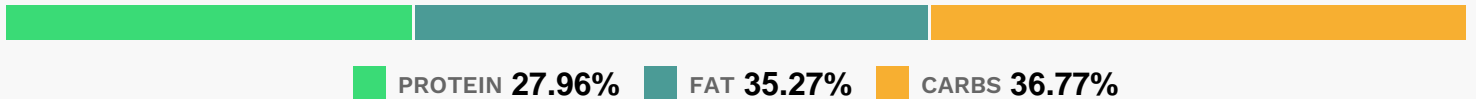
- bowl
- frying pan
- sauce pan
- whisk
- mixing bowl
- pot
- skewers
- wooden skewers

## Directions

- Special equipment: 6 wooden skewers
- Bring a large pot of salted water to a boil. Cook the noodles according to the package directions for al dente.

- Drain the noodles, then transfer to a large bowl and toss with the sesame oil. Set the noodles aside.
- In a medium mixing bowl, whisk together the soy sauce, ginger, garlic, and chiles.
- Add the cubed chicken to the marinade, toss gently to coat the chicken. Cover the bowl and refrigerate for 30 minutes.
- For the dressing: In a small saucepan, whisk together the peanut butter, ginger, garlic, sugar, rice vinegar, soy sauce, sesame oil, and chile oil, and bring to a simmer over medium–low heat.
- Pour the warm dressing over the cooked noodles, and toss to coat evenly. Set the noodles aside until ready to serve.
- In a heavy skillet, heat the grapeseed oil over medium–high heat, when the skillet just begins to smoke, add the chicken cubes and sear on all sides until they are browned.
- Saute the chicken cubes over medium heat until they are fully cooked, about 5 minutes.
- Thread the chicken pieces and orange segments alternately on the skewers.
- To serve the skewers, toss the noodles with the diced chile peppers and chopped cilantro.
- Sprinkle the chicken skewers with the sliced green onions.
- Serve the noodles with the chicken skewers and enjoy hot or cold!

## Nutrition Facts



### Properties

Glycemic Index:73.65, Glycemic Load:32.71, Inflammation Score:-6, Nutrition Score:23.433913199798%

### Flavonoids

Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

### Nutrients (% of daily need)

Calories: 713.33kcal (35.67%), Fat: 28.37g (43.64%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 66.55g (22.18%), Net Carbohydrates: 60.44g (21.98%), Sugar: 17.79g (19.76%), Cholesterol: 96.43mg (32.14%), Sodium: 2412.86mg (104.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.59g (101.18%), Vitamin B3: 19.46mg

(97.29%), Selenium: 49.65µg (70.93%), Vitamin B6: 1.3mg (65.12%), Phosphorus: 422.69mg (42.27%), Vitamin C: 22.21mg (26.93%), Vitamin E: 3.89mg (25.93%), Vitamin B5: 2.52mg (25.22%), Fiber: 6.11g (24.43%), Manganese: 0.48mg (24.15%), Potassium: 798mg (22.8%), Magnesium: 88.2mg (22.05%), Vitamin B2: 0.24mg (14.1%), Vitamin K: 14.44µg (13.76%), Vitamin B1: 0.16mg (10.96%), Zinc: 1.57mg (10.45%), Folate: 38.74µg (9.68%), Copper: 0.19mg (9.29%), Iron: 1.55mg (8.63%), Vitamin A: 259.64IU (5.19%), Vitamin B12: 0.3µg (5.02%), Calcium: 37.78mg (3.78%)