

Thai Chicken & Zucchini Noodle Salad with Spicy Peanut Sauce



45 minutes | 2 servings

Find cookware

[chef's knife](#)
[citrus juicer \(optional\)](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater \(optional\)](#)
[julienne peeler \(optional\)](#)
[measuring spoons](#)
[mixing bowls](#)
[salad spinner \(optional\)](#)
[stainless steel skillet](#)
[tongs](#)
[vegetable peeler](#)
[whisk or fork](#)

Grab ingredients

2 medium	carrots
¾ lb	chicken breasts, boneless skinless
½ small bunch	cilantro
1 clove	garlic
1 (1 inch) piece	ginger root
½	lime
2 medium	zucchini squash
	black pepper
	crushed red pepper
	natural peanut butter
	salt
	sesame seeds
	soy sauce
	virgin coconut oil

Cook & enjoy

- 1 Peel and mince or press the garlic. Peel and mince or grate the ginger. In a medium bowl, prepare the dressing by whisking together the minced garlic and ginger, peanut butter, soy sauce, water, lime juice, and crushed red pepper. Set aside.

1 clove garlic
1 (1 inch) piece ginger root
2 tbsp natural peanut butter
1 tbsp soy sauce
1 tbsp water
½ lime
½ tsp crushed red pepper

- 2 Wash and dry the carrots and zucchini. Trim off and discard the ends of the carrots and zucchini. Using a julienne (or regular) peeler, peel the carrots and zucchini into thin noodle-like sticks; transfer them to a large bowl and set aside.

2 medium carrots
2 medium zucchini squash

- 3 Preheat a skillet over medium heat.

- 4 Holding a knife parallel to the cutting board, cut the chicken in half horizontally to form thin fillets. Season both sides with salt and pepper.

¾ lb chicken breasts, boneless skinless
½ tsp salt
¼ tsp black pepper

- 5 Add coconut oil to the skillet and swirl to coat the bottom. Add the chicken and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to a plate and set aside to cool.

½ tbsp virgin coconut oil

- 6 Once the chicken has been removed, add more coconut oil to the skillet. Then add the carrot and zucchini noodles. (Keep the bowl nearby.) Cook the vegetables, stirring constantly, until just tender, 2-3 minutes. Transfer back to the original bowl.

½ tbsp virgin coconut oil

- 7 Wash and dry the cilantro. Shave the leaves off the stems; discard the stems and mince the leaves. Add to the bowl with the noodles.

½ small bunch cilantro

- 8 Cut the chicken into bite-sized cubes and add to the bowl. Toss the salad until well combined.

- 9 To serve, place the salad in bowls, pour the sauce over top, and sprinkle with sesame seeds. Enjoy!

2 tsp sesame seeds