

Thai Peanut Chicken And Zoodles

Yield: 4 Servings

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PREP TIME: 15 MIN

COOK TIME: 25 MIN

TOTAL TIME: 40 MIN

Chicken breast and zucchini noodles tossed in a Thai peanut sauce and topped with crushed peanuts and sesame seeds

INGREDIENTS:

- 4 Zucchini (Medium)
- 1 lb Chicken
- 1 tsp Garlic Power
- 1/2 tsp Onion Powder
- 1/4 Paprika
- 1/4 cup Peanut Butter
- 1/4 cup Soy Sauce
- 2 tbsp Rice Vinegar
- 1 tbsp Sriracha
- 1 tsp Sesame Oil
- 1/4 tsp Sesame Seeds
- 1/8 cup Peanuts, crushed
- 1/4 tsp Pepper

INSTRUCTIONS:

1. Heat Grill to 350
2. Season the raw chicken with garlic powder and onion powder, and place on grill. Cook for 4-8 minutes a side depending on thickness until chicken reaches 165 degrees

3. While the chicken is cooking, Spiralize the zucchini and set aside
4. In a small bowl, mix the peanut butter, soy sauce, vinegar, sriracha, and sesame oil until everything is combined and few pieces of peanut butter remain
5. In a large, greased, skillet add the zoodles and season with pepper. Cook on high heat for about 5 minutes until the zucchini slightly softens
6. Divide the zoodles between 4 bowl and top with a sliced chicken breast
7. Pour the Peanut Sauce equally between the bowls and top each with crushed peanuts and sesame seeds
8. Serve and Enjoy!