

Satay Chicken Noodle Salad

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-noodle-salad-recipe-south-africa>

Ingredients:

- 1/2 cup creamy peanut butter natural or regular
- 2 garlic cloves finely minced
- 1 tablespoon sesame oil
- 1/4 cup low sodium soy sauce
- 1 tablespoon brown sugar
- 1 teaspoon Sriracha or chili paste, more to taste if you want extra heat
- 1/4 cup fresh lime juice about 3 limes
- 2/3 cup light coconut milk
- salt to taste
- 1 1/2 pounds boneless, skinless chicken breasts thinly sliced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons curry powder see note above
- 2 tablespoons low sodium soy sauce
- 1 tablespoon sesame oil or other cooking oil, like vegetable, avocado, coconut
- 12 ounces noodles spaghetti, or fresh egg noodles, depending on how noodle-y you want the salad
- 2 cups red cabbage or shredded green, or a combo
- 2 cups kale chopped, see note above
- 1 large carrot grated on the large holes of a box grater, about 1/2 to 1 cup
- peanuts Chopped, for garnish, optional

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 120 milligrams
4. Fat: 30 grams
5. Fiber: 5 grams
6. Protein: 41 grams
7. SaturatedFat: 11 grams

8. Sodium: 1040 milligrams
 9. Sugar: 8 grams
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