

# Peanut Sauce

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-wheat-chinese-noodles-recipe>

## Ingredients:

- 2 cups unsalted peanuts dark roasted
- 1/2 cup black tea to 3/4 hot
- 1/2 cup oil preferably peanut, see Notes or coconut milk
- 1 tablespoon minced fresh ginger peeled and
- 2 cloves garlic peeled and minced
- 2 chiles small, seeded and finely chopped
- 1 1/2 teaspoons sea salt or kosher
- 1 tablespoon dark brown sugar or light
- 1 1/2 tablespoons soy sauce
- 1/2 teaspoon Szechuan pepper ground, if available
- 1/4 cup fresh lime juice
- 2 tablespoons toasted sesame oil
- 1 1/2 teaspoons chili paste or chili oil
- 1/3 cup cilantro sprigs packed, or chives
- 1 tablespoon fish sauce
- 1 pound chinese noodles wide, often called Shanghai noodles, see Notes
- 2 chicken breasts boneless or on the bone
- 1 cucumber large
- 1 sprig cilantro

## Nutrition:

1. Calories: 1490 calories
2. Carbohydrate: 89 grams
3. Cholesterol: 75 milligrams
4. Fat: 108 grams
5. Fiber: 10 grams
6. Protein: 54 grams
7. SaturatedFat: 14 grams
8. Sodium: 2300 milligrams

9. Sugar: 8 grams

---

Thank you for visiting our website. Hope you enjoy Peanut Sauce above. You can see more 16 whole wheat chinese noodles recipe Deliciousness awaits you! to get more great cooking ideas.