



zucchini noodles with peanut dressing

It's always exciting when you can dig into your favorite dish and enjoy it without any guilt. And that's just what our Zucchini Noodles with Peanut Dressing serves up. Chef Lisa takes noodles to the next level by swapping the usual carb-laden option for spiralized zucchini, adding deli-roasted chicken breast, crunchy peanuts, spicy Sriracha and fresh cucumbers, and tossing it all in a creamy Peanut Dressing. This twist on the classic and tasty Thai dish will have you deleting that neighbourhood takeout spot from your speed dial in no time!

SERVES: 4-6



julie albert & lisa gnat

ingredients

4 medium zucchini, ends cut off

1 large carrot, peeled

2 cups thinly sliced Napa cabbage

½ cup chopped cucumber

2 deli-roasted chicken breasts, shredded

Peanut Dressing

½ cup creamy peanut butter

1/3 cup water

¼ cup soy sauce

2 tbsp rice vinegar

2 tbsp honey

2 tsp sesame oil

1 tsp freshly grated ginger

½ tsp Sriracha sauce

Roasted peanuts, for garnish

Toasted sesame seeds, for garnish

directions

1. Use your spiralizer to create zucchini noodles and carrot noodles. Place in a large serving bowl with Napa cabbage, cucumber and shredded chicken breasts.

2. For the dressing, using a small food processor, combine peanut butter, water, soy sauce, rice vinegar, honey sesame oil, ginger and Sriracha sauce. Process until smooth. Pour dressing over zucchini noodle mixture, toss and garnish with peanuts and sesame seeds. Serve immediately.

“Eat Food. Not Too Much. Mostly Plants.”

— MICHAEL POLLAN

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