



Cost: \$9.47 recipe / \$2.37 serving (4)

Cold Peanut Noodles with Chicken

INGREDIENTS

PAN-SEARED CHICKEN

- 2 boneless, skinless chicken breasts (about 2 lbs.)* (\$5.75)
- 1 tsp salt (\$0.01)
- 1/4 tsp freshly cracked black pepper (\$0.01)
- 1/4 tsp garlic powder (\$0.01)
- 1/4 tsp onion powder (\$0.01)
- 1/8 tsp cayenne pepper (\$0.01)
- 1/4 tsp smoked paprika (\$0.01)
- 1 Tbsp cooking oil (\$0.04)

SALAD

- 8 oz. spaghetti (uncooked, \$0.83**)
- 4 cups red cabbage (finely shredded, (about 3/4-1 pound of cabbage) (\$1.00)
- 2 carrots (\$0.23)
- 1/2 bunch fresh cilantro (chopped, (about 1/2 cup) \$0.43***)
- 4 green onions (sliced (about 1/2 cup) \$0.36)

PEANUT-LIME DRESSING

- 3 Tbsp chunky peanut butter (\$0.19)
- 1 Tbsp brown sugar (\$0.04)
- 1 garlic clove (minced, \$0.06)
- 1/2 tsp dried ginger (\$0.02)
- 1 medium lime (juiced, (2 Tbsp juice) \$0.25)
- 2 tsp soy sauce (\$0.04)
- 1/4 cup neutral oil (\$0.17*)

GROCERY LIST

- 2 boneless skinless chicken breasts
- Spaghetti noodles
- Red cabbage
- Carrots
- 1 lime
- Green onions

** The rest are considered pantry staples

INSTRUCTIONS

1. **To pan sear the chicken:** First, filet the breasts in half and cut them into bite-size pieces or strips.
2. Combine the salt, pepper, garlic powder, onion powder, cayenne, and smoked paprika in a bowl. Toss the sliced chicken liberally with the seasoning on all sides.
3. Add the cooking oil to a large skillet and heat over medium-low (or medium for thin-cut breasts). Once hot, swirl the oil to coat the skillet.
4. Add the chicken to the skillet and cook for about 5 minutes without flipping. Flip the pieces of chicken and then cook on the second side until well browned and cooked through (internal temperature of 165°F/74°C), another 5 minutes before you check the temperature.
5. **To make the peanut lime dressing,** combine all the ingredients in a bowl. Whisk until smooth (except for the chunks from the peanut butter, of course!) Set the dressing aside. (You can use smooth peanut butter if that's what you have on hand, just garnish with some dry peanuts at the end if you want a little more texture!)
6. **Bring a pot of water to a boil for the spaghetti.** Break the spaghetti in half to make it easier to stir into the salad ingredients later. Once the water is boiling, add the spaghetti, and continue to boil until the pasta is tender. Drain in a colander and rinse it briefly with cold water to cool it off. Let the pasta drain well.
7. **Meanwhile, prepare the vegetables.** Shred the cabbage as finely as possible using either a knife, a mandolin, or the shredding attachment of a food processor. Shred the carrots using a large-holed cheese grater or a serrated vegetable peeler. Roughly chop the cilantro (and peanuts, if adding!) Slice the green onion.
8. Combine the cooled and well drained pasta in a large bowl with the cooked chicken, cabbage, carrots, cilantro, green onion, and peanuts. Toss the salad until the ingredients are evenly combined.
9. Serve the salad and peanut lime dressing immediately, or divide the salad between four containers (about 2 cups each). Refrigerate and enjoy for up to 4-5 days.