

Sesame Chicken

with Soba Noodles & Snap Peas

Soba noodles are Japanese noodles made with buckwheat flour. In fact, “soba” is the word for buckwheat in Japanese.

In Japan, it’s customary to loudly slurp the noodles when eating them with chopsticks.

They’re traditionally served with a dipping sauce on the side, but we made these with the chicken, vegetables, and sesame-peanut sauce right on top.



Ingredients

- 2 Cloves Garlic
- 1-Inch Piece Ginger
- 1 Carrot
- 1 Bunch Cilantro
- 4 Ounces Sugar Snap Peas
- 2 Boneless, Skinless Chicken Breasts
- 6 Ounces Soba Noodles
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Sesame Oil
- ¼ Cup Peanut Butter
- 1 Tablespoon Light Brown Sugar
- ¼ Cup All-Purpose Flour
- 1 Teaspoon Sesame Seeds
- 1 Lime

Makes 2½ Servings
About 700 Calories Per Serving

Instructions



1

Prepare your ingredients:

Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Peel and finely chop the garlic and ginger. Peel and cut the carrot into thin matchsticks. Roughly chop the cilantro. Trim the ends off the snap peas. Cut the chicken into bite-sized pieces.



2

Cook the noodles:

When the water comes to a boil, add the **soba noodles** and cook about 4 to 6 minutes, or until tender, but not too soft. Drain and rinse under cool water to prevent them from sticking together. Set aside.



3

Make the sauce:

While the noodles cook, make the sauce. In a small bowl, whisk together the **soy sauce**, **sesame oil**, **peanut butter**, **brown sugar**, and $\frac{1}{4}$ **cup of water** until well combined.



4

Cook the chicken:

Toss the chicken with the **flour**, shaking off the excess. Season with salt and pepper. In a large pan, heat some oil on high until hot. Add the **chicken** and cook 3 to 4 minutes, or until lightly browned and cooked through, stirring occasionally.



5

Add the vegetables & sauce:

Just before the chicken is done, add the **ginger** and **garlic**. Cook for about 30 seconds, then add the **carrot** and **snap peas**. Cook the chicken and vegetables together for about 2 to 3 minutes, then stir in the **sauce** until combined.



6

Plate your dish:

Divide the noodles between 2 bowls, then spoon the chicken, vegetables, and sauce over the top. Garnish with the **sesame seeds**, the **chopped cilantro**, and **lime wedges**. Enjoy!