

# Chicken and Cold Soba with Peanut Butter Sauce

Serves 4

Preparation Time: 20 minutes; Cooking Time: 20 minutes

Total Cost: \$5.70

Cost per Serving: \$1.40

## Ingredients:

- 12 cups water
- 1 whole chicken breast (200g), skinned
- 170g dry soba noodles
- 1 teaspoon and 1 tablespoon sesame oil
- 2 tablespoons peanut butter
- 3 tablespoons water
- 1 tablespoon soy sauce
- 2 tablespoons black vinegar
- 2 cloves garlic, minced
- 2 carrots, skinned and grated
- 2 teaspoons chili oil (optional)

## Garnish:

- Chinese parsley

## Instructions:

- 1) Bring 6 cups water to a boil in a pot. Add chicken breast and return to a boil. Reduce heat to low. Simmer uncovered for about 15 minutes. Remove meat and set aside to cool.
- 2) Bring remaining 6 cups of water to a boil; add noodles, stirring occasionally for 3-5 minutes till cooked. Drain noodles and rinse under cold running water. Drain and transfer to serving bowl.
- 3) Toss lightly with 1 teaspoon sesame oil.
- 4) Shred chicken meat and set aside.
- 5) Stir to combine peanut butter and 3 tablespoons water
- 6) Add all other ingredients and mix well.
- 7) Combine noodles and grated vegetables in a big bowl, add prepared sauce and toss well.
- 8) To serve, top with chicken and garnish with Chinese parsley.

## Nutrient Analysis:

Nutritional Information (Per serving)	
Energy	308kcal
Carbohydrate	36g
Protein	20g
Total fat	10g
Saturated fat	1.8g
Cholesterol	37mg
Dietary fibre	3g
Sodium	607mg

