

DINNERLY



Daring Plant-Based Chicken Satay Noodles

with Peanut Sauce



20-30min



2 Servings

If you've ever had satay at a Thai restaurant, you already know this sauce is plate-licking good. The combination of creamy peanut butter, savory teriyaki, and fragrant garlic is irresistible. Here, it boosts the flavor of protein-packed plant-based chicken and hearty, slurp-worthy noodles. Tossed with sweet peas and topped with sliced scallions, this bowl is a winner, winner, plant-based chicken dinner. We've got you covered!

WHAT WE SEND

- 8 oz pkg plant-based chicken ¹
- 2 oz teriyaki sauce ^{1,2}
- 2 scallions
- 1.15 oz peanut butter ³
- 6 oz spaghetti ²
- 2½ oz peas

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- sugar
- apple cider vinegar (or white wine vinegar)
- neutral oil

TOOLS

- medium pot

ALLERGENS

Soy (1), Wheat (2), Peanuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 740kcal, Fat 27g, Carbs 86g, Protein 41g



1. PLANT CHICKEN VARIATION

Bring a medium pot of **salted water** to a boil over high.

In a medium bowl, combine **plant-based chicken**, **1 tablespoon teriyaki sauce**, and **a pinch each of salt and pepper**; stir to coat. Set aside at room temperature, stirring occasionally, until step 4.



2. Prep ingredients

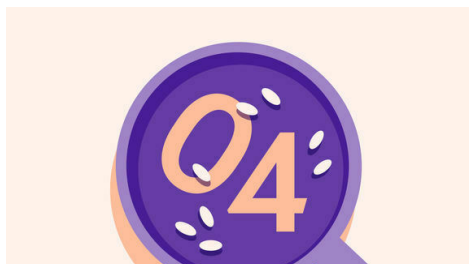
Finely chop **2 teaspoons garlic**. Trim ends from **scallions**, then thinly slice.

In a small bowl, whisk to combine **all of the peanut butter**, **remaining teriyaki sauce**, and **1 tablespoon each of sugar, vinegar, and oil** until smooth.



3. Cook noodles & peas

Add **pasta** to pot with boiling **salted water** and cook, stirring occasionally, until just al dente, about 7–9 minutes. Add **peas** to pot with pasta; continue to cook until tender, about 1 minute. Reserve **⅔ cup cooking water**, then drain pasta and peas; set aside until step 5. Return pot to stovetop.



4. Brown plant-based chicken

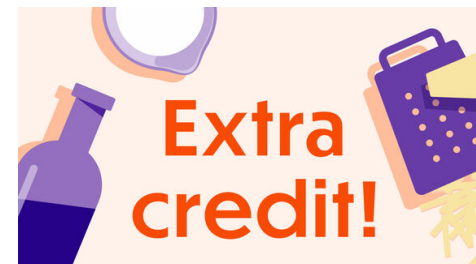
Heat **1 tablespoon oil** in same pot over high. Add **plant chicken and marinade**, spreading out into a single layer; cook, without stirring, until browned on the bottom, about 2 minutes. Add **chopped garlic**; cook, stirring, until garlic is fragrant and plant chicken is warmed through, 1–2 minutes.



5. Finish & serve

To pot with **plant-based chicken** over medium-high heat, add **peanut sauce**, **cooked pasta and peas**, and **reserved cooking water**. Cook, stirring, until **sauce** is slightly thickened, and **pasta** is coated, about 30 seconds. Remove pot from heat and season to taste with **salt** and **pepper**.

Serve **plant-based chicken satay noodles** topped with **scallions**. Enjoy!



6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with leftovers in our test kitchen and packing facilities. When that happens, we still make sure it doesn't go to waste. One way of ensuring all of our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.