

Low Carb:

Sesame Zucchini Noodle Salad with Chicken



30-40min



2 Servings

What we send

- ½ lb pkg ready to heat chicken
- 3 zucchini
- 2 (1.15 oz) peanut butter ⁵
- ½ oz tamari soy sauce ⁶
- garlic
- 2 scallions
- ¼ oz pkt toasted sesame seeds ¹¹
- ½ oz toasted sesame oil ¹¹
- 1 oz mayonnaise ^{3,6}
- 1 oz rice vinegar

What you need

- kosher salt
- sugar

Tools

- vegetable peeler
- 2 rimmed baking sheets

Allergens

Egg (3), Peanuts (5), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal

1. Prep zucchini

Using a vegetable peeler, peel **zucchini** from top to bottom into ½-inch wide ribbons, rotating zucchini as you peel. Peel until you get to the seeds at the core of the zucchini; discard core.

4. Mix sauce

Into a large bowl, finely grate ½ teaspoon garlic. Stir in peanut butter, tamari, sesame oil, 1 tablespoon each rice vinegar, mayonnaise, and sugar, and 2 tablespoons water until smooth.

2. Salt & press zucchini

Line a rimmed baking sheet with paper towels. Toss zucchini with 2 teaspoons salt; spread in an even layer over prepared baking sheet. Place another layer of paper towels followed by another baking sheet on top of zucchini. Place a heavy weight (such as a heavy skillet) on top. Set aside to press for 10 minutes.

5. Mix noodles

Add zucchini noodles to bowl with dressing and mix until well combined.

3. Prep ingredients

Meanwhile, trim scallions and thinly slice on an angle. Shred **chicken** with your fingers or two forks into bite-size pieces.

6. Garnish & serve

Divide noodles between serving bowls. Garnish with shredded chicken, scallions, and sesame seeds. Enjoy!