



Low-Carb Chicken & Zucchini Noodle Salad

with Sesame Dressing



30-40min



2 Servings

Zoodles are our favorite shortcut to a delicious low carb meal. Zucchini ribbons combine with lean shredded chicken for the perfect veggie and protein pairing. But it's the sesame dressing that really steals the show! Peanut butter, tamari, sesame oil, and rice vinegar come together for the creamiest sauce to coat the zucchini and chicken. A final garnish of sesame seeds and scallion adds a delightful crunch.

What we send

- 3 zucchini
- 2 scallions
- ½ lb pkg ready to heat chicken
- garlic
- 2 (1.15 oz) peanut butter ²
- ½ oz tamari soy sauce ⁴
- ½ oz toasted sesame oil ³
- 1 oz rice vinegar
- 1 oz mayonnaise ^{1,4}
- ¼ oz pkt toasted sesame seeds ³

What you need

- kosher salt
- sugar

Tools

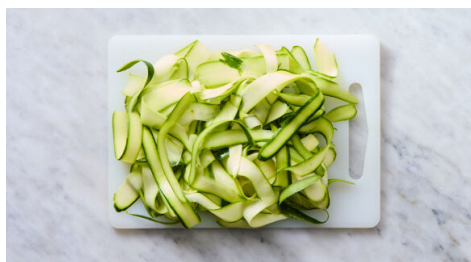
- vegetable peeler
- 2 rimmed baking sheets
- microplane or grater

Allergens

Egg (1), Peanuts (2), Sesame (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 30g, Carbs 32g, Protein 39g



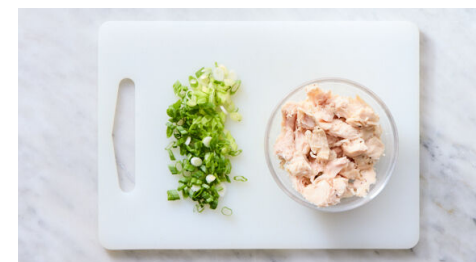
1. Prep zucchini

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 each zucchini; discard cores.



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.



3. Prep ingredients

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



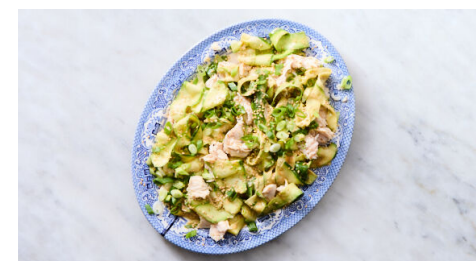
4. Mix sauce

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



5. Mix noodles

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



6. Garnish & serve

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