

NOURISH

holistic health & nutrition

Thai Peanut Chicken Zoodle Bowls

Servings: 4

Prep Time: 20 minutes

Ingredients

- 1 large organic yellow onion- chopped
- 4 boneless, skinless, organic chicken thighs- cubed
- 2 large, organic zucchinis- peeled + spiralized
- 2 teaspoons grass-fed butter or ghee
- 3 tablespoons sesame seed oil, cold-pressed
- 1/2 cup fresh cilantro- chopped
- 1/2 cup dry roasted peanuts- roughly chopped
- 1/2 cup organic, no sugar added, creamy peanut butter
- 1 1/2 tablespoons raw apple cider vinegar
- 2 tablespoons coconut aminos or tamari (gluten-free soy sauce)
- pinch of sea salt
- dashes of your favorite hot sauce (depending on how much heat you like!)
- juice of 1 fresh lime

Instructions

1. Spiralize zucchini's, set aside.
2. Add 2 tablespoons sesame oil + 1 tablespoon butter or ghee to large skillet on medium-high heat.
3. Add chopped onion + sauté until translucent.
4. Add cubed chicken to onions + cook through.
5. Add spiralized zucchini + cover. Let steam to cook noodles until soft- roughly 3 minutes. The water that is pulled from the zucchini will help to make the sauce.
6. Add remainder butter and sesame seed oil.

NOURISH

holistic health & nutrition

7. Reduce heat to medium-low + add peanut butter.
8. Add coconut aminos or tamari, raw apple cider vinegar, sea salt, hot sauce (if using) + peanuts. Mix through.
9. Remove from heat, drizzle with fresh lime juice, add a sprinkle of cilantro + crushed peanuts.