



## Thai Chicken “Pasta” in Sunbutter Sauce

**Active Time:** 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

### Nutrition Information Per Serving

351.8 calories, 15.02 g carbohydrate, 4.6 g fiber, 10.42 g NET carbs, 33.89 g protein, 17.34 g fat

#### Ingredients

- 4 Tbsp(s) Organic SunButter
- 6 tsp(s) Coconut Secret Coconut Aminos
- 2/3 cup(s), chopped shredded carrot
- 2 -8oz. breast(s) pasture-raised chicken, cut into 1-inch strips
- 2/3 cup(s) chopped green onion
- 1/4 tsp(s) sea salt
- 1 Tbsp fresh ginger, grated
- 1 tsp raw honey
- 1/4 Tbsp(s) fresh lemon grass
- 1 Tbsp organic virgin coconut oil
- 1/8 tsp(s) organic cayenne pepper
- 1 Tbsp red pepper flakes
- 1/2 cup(s) fresh cilantro, chopped
- 1/2 tsp(s) organic sesame oil
- 3 Tbsp(s) organic rice vinegar
- 3 Tbsp(s) filtered or spring water
- 1/8 cup(s) sunflower seeds
- 1 cup organic sprouts
- 2 medium(s) organic zucchini, julienned

#### Preparation

1. Combine Sunbutter, water, vinegar, tamari, red pepper, honey and sesame oil in a blender or Magic Bullet. Process until smooth. Set aside.
2. Season chicken pieces with cayenne pepper and salt.
3. Add coconut oil to a large, safe, nonstick skillet and heat over medium-high heat.
4. Add chicken and sauté until cooked through (7-8 minutes).
5. Transfer chicken to a plate and keep warm.
6. Sauté lemon grass in the same pan until fragrant (about 30 seconds).
7. Add zucchini “pasta”, chicken, shredded carrot, green onion, and cilantro to pan.
8. Pour SunButter sauce over and mix well.
9. Stir in sunflower seeds, top with mung beans.
10. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.