

## Chicken

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# Thai Peanut Chicken and Noodles

Pillsbury Best One Dish Meals - February - 2011

**Servings: 5**

**Preparation Time: 30 minutes**

**Start to Finish Time: 30 minutes**

**2 3/4 cups (6 oz) uncooked fine egg noodles**  
**1/4 cup creamy peanut butter**  
**1/2 teaspoon gingerroot, finely chopped**  
**1/4 teaspoon crushed red pepper flakes**  
**1/4 cup soy sauce**  
**1/4 cup water**  
**1 tablespoon vegetable oil**  
**2 cups small fresh broccoli florets**  
**1 1/2 cups (4 oz) sliced fresh mushrooms**  
**1 cup ready-to-eat baby-cut carrots, quartered lengthwise**  
**1 medium red bell pepper, cut into thin bite-size strips**  
**1 package (9 oz) frozen diced cooked chicken, thawed**  
**1/4 cup dry-roasted peanuts, coarsely chopped**

Cook and drain the noodles as directed on the package. Cover to keep warm.

In a small bowl, beat peanut butter, gingerroot, pepper flakes and two tablespoons of the soy sauce with a whisk until blended. Gradually beat in the remaining soy sauce and the water until smooth. Set aside.

In a 12-inch nonstick skillet, heat the oil over medium-high heat.

Cook the broccoli, mushrooms, carrots and bell pepper in oil for 4 to 6 minutes, stirring occasionally, until crisp-tender.

Add the chicken and cook and stir until hot.

Reduce heat to medium. Stir the peanut butter mixture; then add to the mixture in the skillet.

Stir in the noodles until coated.

Cook and stir until hot.

Sprinkle with peanuts before serving.

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Per Serving (excluding unknown items): 82 Calories; 6g Fat (66.2% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 883mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.