

Chicken Satay Noodle Soup

From a class with Susan Vollmer, 1/2020



Servings: 4

1. Bring a large pot of water to boil, salt it, add the pasta and cook until al dente. Drain.
2. Meanwhile, in a soup pot, heat the oil over medium heat. Add the chicken and garlic and cook, stirring, until the chicken is opaque, about 5 minutes. Transfer to a plate. Add the peanut butter, tamari, curry paste and tomato paste to the pot and stir. Increase the heat to medium-high and whisk in the chicken broth; add the ginger. Bring to a boil, then stir in the cabbage and cook until wilted, about 2 minutes. Return the chicken to the pot and stir in the apple juice.
3. Divide the pasta among 4 bowls. Ladle the soup over the pasta. Top with the bean sprouts, peanuts, scallions and cilantro. Serve with the lime wedges.

1/2 pound spaghetti, broken into short lengths
2 tablespoons vegetable oil
3/4 pound chicken breast, thinly sliced
2 cloves garlic, finely chopped
3/4 cup peanut butter (Skipppy super chunky)
6 tablespoons soy sauce, or tamari
1/4 cup red curry paste, use less if you're sensitive to heat
2 tablespoons tomato paste, low sodium, if possible
6 cups low-sodium chicken broth
1 piece fresh ginger (1 inch) thinly sliced
1/2 head napa cabbage, or savoy cabbage, shredded
1/2 cup apple juice
1 cup bean sprouts
1/4 cup chopped peanuts
4 scallions, thinly sliced
1 tablespoon chopped cilantro
Lime wedges, for serving

Per Serving (excluding unknown items): 843 Calories; 47g Fat (45.4% calories from fat); 56g Protein; 71g Carbohydrate; 7g Dietary Fiber; 44mg Cholesterol; 2803mg Sodium. Exchanges: 3 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 6 Fat.

Carolyn T's Blog: tastingspoons.com