

Cold Sesame Peanut Noodles with Chicken

冷製ごまピーナッツチキンヌードル

Serves 2

Ingredients

Protein

- 200 g boneless skinless chicken breast 鶏むね肉

Noodles

- 180 g dried whole wheat spaghetti (or soba if preferred) 全粒粉スパゲッティ

Vegetables

- 100 g cucumber, julienned きゅうり
- 70 g carrots, julienned にんじん
- 40 g red bell pepper, very thinly sliced 赤パプリカ
- 30 g scallions, thinly sliced 青ねぎ

Fresh Herbs

- 20 g basil leaves, roughly torn バジル
- 12 g fresh mint leaves, roughly torn ミント

Sesame Peanut Dressing

- 32 g Peanut Butter & Co. Old Fashioned Smooth ピーナッツバター
*See Note
- 1 T (15 g) Big Tree Coco Aminos
- 1 T (15 g) reduced-sodium soy sauce
- 1 T (15 g) rice vinegar
- 2 tsp (10 g) fresh lime juice
- 2 tsp (10 g) sesame oil
- 1 tsp honey
- 1 tsp grated fresh ginger
- 2 cloves garlic, finely grated
- 1 tsp Sriracha (*optional*)
- 2–3 T cold water (as needed to thin)

Garnish

- 20 g chopped peanuts
- or
- 20 g chopped walnuts (*my preference for your nutrition goals*)
- 1 tsp toasted sesame seeds
- Extra basil and mint
- Lime wedges

Instructions

1. Season the **chicken** lightly with **salt**, **pepper**, and a **pinch of MSG**.
2. Air fry at **190°C** for **10–12 minutes**, turning once halfway through, until the internal temperature reaches **74°C**. Cool completely before slicing into thin strips.
3. Bring a large pot of salted water to a boil. Cook the **whole wheat spaghetti** until al dente according to the package directions. Drain



immediately and rinse thoroughly under very cold running water to stop the cooking.

4. Toss with **1 tsp canola oil** to prevent sticking.
5. Julienne the **cucumber** and **carrots**.
6. Thinly slice the **bell pepper** and **scallions**.
7. Roughly tear the **basil** and **mint**. Keep the herbs refrigerated until just before serving.
8. Whisk together the **peanut butter**, **Coco Aminos**, **soy sauce**, **rice vinegar**, **lime juice**, **sesame oil**, **honey**, **ginger**, **garlic**, and **Sriracha** until smooth.
9. Add the **cold water** 1 T at a time until the dressing reaches the consistency of heavy cream.
10. Adjust with additional **lime juice** for a brighter flavor or another **tsp of Coco Aminos** if a little more depth is desired.
11. Place the cooled noodles in a large mixing bowl. Add the vegetables and sliced chicken.
12. Pour over about three-quarters of the dressing and toss thoroughly until everything is evenly coated.
13. Fold in the **basil** and **mint** gently at the very end.
14. Add additional dressing if needed.
15. Refrigerate for **20–30 minutes** before serving. The flavors improve noticeably after a short rest.
16. Divide between two bowls. Top with the chopped **walnuts** (or **peanuts**), **sesame seeds**, additional **herbs**, and a **squeeze of fresh lime**.

Suggested Side Dishes

- Fresh watermelon or melon
- Simple cucumber salad
- Cold tomato wedges with flaky salt and black pepper
- Edamame

Estimated Nutrition

Per Serving

Kcal total: **610** | Protein: **42 g** | Fat: **22 g** | Sat Fat: **3.5 g** | Carbs: **60 g** |
Sugars: **8 g** | Fiber: **8 g** | Sodium: **620 mg** | Omega-3: **0.3 g**

Notes

- Whole wheat spaghetti works surprisingly well here and is easier to find in Japan than many Asian wheat noodles.
- Using walnuts instead of peanuts adds omega-3 fatty acids while still providing the satisfying crunch typical of sesame noodle dishes.
- Fresh basil and mint should be added just before serving to preserve their aroma and vibrant color.
- The dressing can be prepared **2–3 days in advance** and stored in the refrigerator. Thin with a little cold water before using if necessary.
- This recipe is excellent for meal prep and makes a refreshing lunch the following day. The vegetables remain crisp, and the flavors continue to develop overnight.

***Note**

Test this variation by replacing half of the peanut butter with Greek yogurt (16 g peanut butter + 40 g Greek yogurt). It would make the dressing lighter and tangier, reduce the calories by about 40–50 per serving, and increase the protein slightly while keeping the creamy texture.