

## Satay Noodle Bowl

**Hands-On Time: 15 minutes**

**Total Time: 45 minutes**

This noodle bowl is comforting yet has enough spice in it to make you sit up and smile at the world.

Creamy coconut peanut satay broth envelops low carb noodles in a dish that you can customize to your preferences.

Add chicken? Why not.

Want extra vegetables? Go for it?

This dish makes for a great lunch or dinner, that will definitely fill you up.

Enjoy!

### INGREDIENTS:

2 teaspoons of minced garlic

1 teaspoon of minced ginger

2 teaspoons of hot chili sauce

2 Tablespoons of coconut aminos

1 Tablespoon of rice vinegar

2 Teaspoons of **Sukrin Gold**

½ cup of **Almond Butter (or alternative nut butter)**

2-4 Tablespoons of water

1 can of coconut milk

¼ cup of cilantro

1/8 cup of chopped peanuts

1 lime

Low-carb shirataki noodles

### METHOD:

Prepare noodles as per package instructions and set aside.



Place the garlic, ginger, chili sauce, coconut aminos, rice vinegar and Sukrin Gold in a saucepan and mix together.

In a jug, combine the nut butter and the warm water until pouring consistency is reached.

Add to the spices in the saucepan, along with the coconut milk.

Heat until a low simmer is reached then add your noodles.

Cook for about 5 minutes over a gentle heat until the noodles are hot.

Serve in bowls, topped with chopped cilantro, crushed peanuts, and lime cheeks.

**Store in the fridge for up to seven days.**

## NUTRITIONAL INFORMATION:



### Nutritional data (per serving)

|                  |                  |
|------------------|------------------|
| Total Carbs      | 10.5 grams       |
| <b>Net Carbs</b> | <b>8.7 grams</b> |
| Protein          | 7.3 grams        |
| Fat              | 28.7 grams       |
| Calories         | 306 kcal         |

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### Ingredients (makes 6 servings)

|  |             |                          |
|--|-------------|--------------------------|
| 2 tbsp of coconut aminos (substitute to soy sauce)     | 36 grams    | <input type="checkbox"/> |
| 16 oz of coconut milk (full-fat, unsweetened)          | 453.6 grams | <input type="checkbox"/> |
| ¼ cup of Coriander (cilantro) leaves, raw              | 1 grams     | <input type="checkbox"/> |
| 2 tsp of Garlic, raw                                   | 5.6 grams   | <input type="checkbox"/> |
| 8 tsp of Ginger root, raw                              | 16 grams    | <input type="checkbox"/> |
| 1 fruit (2" dia) of Limes, raw                         | 67 grams    | <input type="checkbox"/> |
| ½ cup of Peanut butter, smooth style, without salt     | 129 grams   | <input type="checkbox"/> |
| ½ cup of Peanuts, all types, dry-roasted, without salt | 18.3 grams  | <input type="checkbox"/> |
| 1 tbsp of rice vinegar                                 | 15 grams    | <input type="checkbox"/> |
| 2 tsp of Sriracha chili sauce, hot sauce               | 10 grams    | <input type="checkbox"/> |
| 2 tbsp of Sukrin Gold, brown sugar substitute          | 20 grams    | <input type="checkbox"/> |

Add all to basket

Add selected to basket