

# Instant Meal-On-The-Go | Thai Peanut Noodles with Chicken & Vegetables



By Monica

makes 1-1/2 cups

Just add boiling water for an instant, nutritious meal that's perfect for backpacking, camping, dorms, office, and travel.

## Ingredients

- 1 cup pasta broken in 2"pieces (use pasta that normally cooks on stovetop in 4 min. or less—thin egg noodles, angel hair pasta, or quick-cooking artisan pastas)\*
- 1 teaspoon chia seeds or ground flaxseed (optional)
- ¼ cup freeze dried chopped chicken
- ¼ cup chopped roasted peanuts
- ¼ cup freeze dried mixed vegetables
- 1-1/2 teaspoons powdered chicken flavor base (or boullion granules)
- 2 tablespoons PB2 powdered peanut butter
- 1-1/2 teaspoons freeze dried cilantro (or ½ teaspoon dried cilantro)
- ¼ teaspoon garlic powder
- ¼ teaspoon ground ginger
- pinch of ground cayenne pepper (or more if you want it spicier)
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon salt (or more to taste)
- 1 cup water

## Directions

**TO ASSEMBLE:** Add all ingredients except the water to a quart freezer Ziploc bag. Seal bag and store until ready to use.

**TO COOK IN BAG:** Bring water to a boil. With opened bag resting on plate or bowl, pour in boiling water. Seal bag and let soak for 9 minutes, turning bag upside down after 3-4 minutes to redistribute & mix ingredients. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.

**TO COOK IN MUG OR BOWL:** Transfer dry ingredients to a microwave-safe mug or bowl; add water and microwave until water boils. Cover and let rest until ingredients have softened (4-5 minutes). Or, boil the water separately and pour it into the mug or bowl with the instant dry ingredients; stir, cover, and let rest for 9 or 10 minutes.

**NUTRITIONAL INFORMATION** (per 3/4 cup serving). 211 calories, 11.2g fat, 715mg sodium, 247mg potassium, 16.4g carbs, 4.2g fiber, 1.3g sugars, 14.7g protein. Notable nutrients: calcium, vitamin C, iron

Total weight of dry ingredients in bag: 5.0 oz.

\*NOTE: If you're taking these instant meals on a hike, angel hair pasta isn't the best choice. It is so fine and "spiky" that the sharp pasta pieces may poke through the bag and make holes. Look for flat, fast-cooking artisan pastas instead.

See the recipe online at [www.TheYummyLife.com/recipes/367](http://www.TheYummyLife.com/recipes/367)

