

Main

Asian Chicken Pasta Salad



Ready in 20 minutes

Serves: 6-8

Ingredients

- 4-5 boneless skinless chicken thighs
- 1 lb. pasta prepared as directed, drained, and set aside
- 4-6 cups of organic spinach
- ¼ cup sliced red bell pepper and green onions for garnish

Prepare marinade as follows:

- 1/4 cup toasted sesame seeds
- 2 tsp sesame oil
- 2/3 cup rice wine vinegar
- 1 cup vegetable oil
- 2/3 cup shoyu (soy sauce)
- 1/2 tsp pepper
- 1 tsp grated ginger
- 1 1/4 cup sugar

Directions

- Prepare marinade as directed and set aside
- Lightly salt the chicken and let sit for 15 minutes
- Fry or poach chicken until fully cooked, let cool, then shred
- In a large container, pour marinade over noodles and chicken
- Marinate overnight

- Immediately before serving, put bed of spinach in a large bowl, top with noodles and chicken
- Garnish with red bell pepper and green onions

Tips

You can use any kind of pasta. My favorite is linguini because it's so fun to eat

Spiritual Message from this recipe

The spinach is hidden under the noodles, you need to dig deep to get the whole experience, just like in life