

Squash Noodle Salad with San-J Thai Peanut Sauce

This is a recipe for a healthy Asian inspired salad of zucchini noodles toss in San-J Peanut Thai sauce topped with chicken and toasted sliced almond. Great as a meal!



Have you ever heard of San-J Asian cooking sauces? Well, I had not until I was approached by the company to try...they gave me an opportunity to choose 3 sauces...I went for the Thai peanut, Szechuan and Mongolian. Before I go on to the post I would like to state that once I accepted the invitation, these sauces were sent to me without charge, I did not receive any compensation for this post and all the content and opinion in this post are solely mine.

Okay, now I can move on...these sauces are gluten free and use tamari soy sauce which is free of wheat, you can read more about their product here (<http://san-j.com/>).

I have tried two of their sauces and I loved it...they are tasty, nice balance between the sweet and salty and a touch of heat.

I first used the Mongolian sauce and added to my vegetable stir fry...it gave a simple and plain stir fry a nice touch. The label says Mongolian beef, but feel free to skip the beef and use in any stir fry... then I used San-J Thai peanut sauce as a salad dressing...it was so good...again a nice balance of sweet and a hint of heat.

In this recipe I used a spiralizer, but don't worry if you do not own one...you can just cut julienne or use a mandolin.

Ingredients:

- 2 to 3 zucchini or yellow squash, julienne or noodle (spiralized)
- 1 carrot, grated
- Chicken breast boiled or in can
- Fresh ground pepper
- Fresh cilantro
- Toasted sliced almond for garnish



Method:

In a medium pan boil water. Add the squash noodles for about 1 to 1 $\frac{1}{2}$ minutes. Remove from the water and placed the squash noodles in an ice water.

Drain well all the water from the squash noodles. Place in a bowl and add the grated carrot, chicken, freshly ground pepper and cilantro.

Toss in San-J Thai peanut sauce to taste, mix gently.

Garnish with toasted sliced almond and serve.





If you enjoy this healthy salad using San-J Sauce you might want to try Celery Salad with San-J Sauce.

Thank you for visiting Color Your Recipes...have a colorful day!