

Chicken Noodle Salad Jar



Revolutionise meal prep with our Chicken Noodle Salad Jar recipe — layered with delicious noodles, vibrant veggies and tender chicken, paired with a delightful sauce.

Recipe supplied by Fantastic Snacks.

Ingredients

1x 70g brick from Fantastic Instant Noodles 700g Multi Pack

Handful spinach leaves

1/2 cup shredded BBQ chicken

4-6 cherry tomatoes, halved

1/2 cup diced cucumber

1/4 cup roasted peanuts

Fresh coriander

Satay Dressing

1/4 cup peanut butter

1/4 cup coconut milk

1 clove garlic

Juice of 1/2 lemon

Dash of soy sauce

Salt

Method:

1. Choose a 400ml jar with a tight-fitting lid and a smaller container for the dressing.
2. Prepare the noodles according to packet directions and drain.
3. Layer up the jar with the spinach, noodles, chicken, tomatoes, cucumber, spring onion, roasted peanuts and coriander.
4. Seal and store in the refrigerator until ready.
5. To make the sauce, combine together in a small food processor peanut butter, coconut milk, garlic, juice of lemon and soy sauce.
6. Season the sauce to taste.
7. Place the sauce into a small container and seal.
8. When ready to eat, pour over the prepared dressing and enjoy.