



INTRODUCTION

This chicken thai recipe is a wonderful pasta meal that also includes protein and a mix of veggies. You can exchange the vegetables for other ones if you prefer.

If you're looking for comfort food, this meal is perfect for you. After a long day of [hiking](#), there is nothing better than a quick and easy meal to make while camping. Share it with the whole family or as a couple. As a bonus, it's healthy too!

It's a super easy clean up with only one pot and frying pan to wash.

De-bone a whole cooked chicken at the campsite. As an alternative, you might choose to do this at home and bring the chopped pieces on ice in a cooler. You can also buy a [pre-packaged cooked chicken](#) (the work is already done for you) and chop it into pieces at the campsite.

You can julienne the carrots or slice them up, depending on what you like.

If you're like Kris and don't like the taste of peanut butter, don't worry, you won't be able to taste it. The honey helps create a fantastic tasting sauce.

Increase the ingredient amounts if you want to accommodate more people or reduce them for a smaller crowd.

Enjoy!

For more delicious meals, check out my [Pinneapple Chicken Stirfry](#) or [Salmon Patties](#).



THAI CHICKEN PASTA



TIME REQUIRED:
1 H00



SERVINGS:
4

INGREDIENTS

Main Dish

- ✦ 1 lb thin spaghetti
- ✦ 4 tbsp sesame oil
- ✦ 4 chopped green onions
- ✦ 1 cup julienne or sliced carrots
- ✦ 2 cups sliced napa cabbage
- ✦ 2 cups chopped cooked chicken
- ✦ 5 minced garlic cloves
- ✦ 1 tbsp peeled minced ginger

Sauce

- ✦ 1/4 cup honey
- ✦ 1/4 cup peanut butter
- ✦ 1/4 cup soya sauce
- ✦ 3 tbsp rice vinegar

DIRECTIONS

Pasta

1. Boil a pot of water.
2. Cook the pasta.

Frying pan

3. Drain the pasta.
4. Add the sesame oil to the frying pan.
5. Keep a few green onions to garnish once the meal is cooked.
6. Add the green onions, carrots, napa cabbage, chicken, garlic and ginger to the frying pan.
7. Saute the items until they start to get a bit soft.

Sauce

8. Add the sauce (honey, peanut butter, soya sauce and rice vinegar).
9. Stir all the ingredients together in the frying pan with the pasta and let it absorb all the flavours for five minutes.

Finishing touches

10. Sprinkle the dish with green onions.

