

Quick Chicken Satay Noodle Bowl (Low FODMAP)

Vibrant stir-fried chicken and crisp vegetables tossed with rice noodles in a creamy peanut-ginger sauce—ready in just 30 minutes for busy weeknights.

Prep: 15 min

Cook: 15 min

Total: 30 min

Servings: 4

Low FODMAP ✓

Ingredients

250g dried flat rice noodles rice noodles

1 tbsp olive oil

2 medium (about 150g), peeled and cut into thin batons carrots

200g (about ¾ cup florets), chopped into small florets broccoli

150g, trimmed and cut into 2cm pieces green beans

400g, cut into thin strips chicken breast

2 small heads (about 200g), leaves separated and roughly shredded pak choi

100g canned, drained and sliced bamboo shoots

100g fresh beansprouts

2 tsp finely grated (about 2cm piece) fresh ginger

2 tbsp (ensure certified gluten-free) gluten-free soy sauce

1 tbsp (gluten-free) tamari

2 tbsp smooth, natural peanut butter (no added ingredients) peanut butter

¼ tsp, or to taste dried chilli flakes

1 tsp toasted sesame oil sesame oil

1 tbsp toasted, for garnish sesame seeds

1 lime, cut into wedges for serving lime

Instructions

Step 1: Prepare the noodles

(5 min)

Bring a large pot of water to a rolling boil. Add the rice noodles and cook according to package directions, typically 3-4 minutes until tender but still slightly firm. Drain thoroughly in a colander and set aside while you prepare the stir-fry.

Step 2: Start the stir-fry

(3 min)

Heat the olive oil in a large wok or wide frying pan over medium-high heat until shimmering. Add the carrot batons, broccoli florets, and sliced green beans. Stir-fry for 2-3 minutes, tossing frequently, until the vegetables begin to soften but still retain their crunch and vibrant color.

Step 3: Cook the chicken

(4 min)

Add the chicken strips to the wok, spreading them out so they make good contact with the hot surface. Stir-fry for 3-4 minutes, tossing occasionally, until the chicken is cooked through and no longer pink in the center. The chicken should have some golden edges.

Step 4: Add remaining vegetables

(3 min)

Toss in the shredded pak choi, drained bamboo shoots, beansprouts, and grated ginger.

Continue stir-frying for another 2-3 minutes until the pak choi wilts and the beansprouts are just tender but still crisp. The ginger should become fragrant and coat everything beautifully.

fodmapdiets.com/recipes/quick-chicken-satay-noodle-bowl-low-fodmap

Step 5: Make the satay sauce

(2 min)

In a small bowl, whisk together the gluten-free soy sauce, tamari, peanut butter, chilli flakes, sesame oil, and 4 tablespoons of water until smooth and well combined. The peanut butter should fully incorporate into a creamy, pourable sauce.

Step 6: Combine and serve

(3 min)

Add the drained noodles to the wok and toss everything together. Pour the satay sauce over the top and stir vigorously for 1-2 minutes until every strand of noodle and piece of vegetable is coated in the glossy sauce. Divide among four bowls, garnish with sesame seeds, and serve immediately with lime wedges on the side for squeezing over.