

Stir Fried Noodles



Introduction

Saucy noodles, crisp hot vegetables, and tender bites of chicken are tossed together in this easy stir fry. A late-night Chinese food craving inspired this recipe for Stir Fry Noodles with Chicken and Vegetables.

Prep Time : 10

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Cook Time: 20

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Total Time: 30

Serving: 5

Ingredients

- 8 ounces rice noodles
- 3 tbsp coconut oil or light flavored olive oil (divided)
- 1/2 cup low-sodium soy sauce, plus 2 tablespoons (divided)
- 1 tbsp chili paste
- 2 tbsp light brown sugar
- 1 tbsp minced fresh ginger
- 3 cloves garlic, minced
- 2 cups thinly sliced carrots, about 2 medium carrots
- 4 cups broccoli florets, cut bite-size
- 8 large mushrooms, sliced thin, about 2 cups
- 4 cups green cabbage, very thinly sliced
- 1 1/2 lbs chicken thighs, cut into bite-size pieces
- 2 tbsp cornstarch

Instructions

1. Boil 8 cups of water and remove from the heat. Add the noodles and stir to cover. Set aside, stirring frequently and separating the noodles. Soak the noodles for about 8 minutes until tender. Drain, drizzle lightly with 1/2 tablespoon oil and toss well to separate.
2. Set a large mixing bowl next to the stove. In a glass measuring cup or small bowl, stir together 1/2 cup soy sauce, chili paste, sugar, ginger, and garlic. Set the prepared sauce next to the empty mixing bowl by the stove.
3. In a large stainless skillet, over high heat, warm 1/2 tablespoon oil until shimmering. Add the carrots, stir and cook 1 minute. Add the broccoli, stir, cover with lid and cook 1 minute. Add the mushrooms and the remaining 2 tablespoons of soy sauce. Scrape the bottom of the pan as needed and toss to coat everything with sauce. Add the cabbage to the skillet and continue cooking for about 2-3 minutes. The vegetables should be brightly colored and barely tender.
4. Transfer the vegetable mixture to the mixing bowl next to the stove. Add 1 tablespoon oil to the empty skillet over high heat. Add the chicken and sprinkle with cornstarch. Stir well to coat. Continue cooking for 2 minutes, turning or stirring the pieces frequently.
5. Add the prepared sauce to the chicken and scrape the bottom of the pan, stirring constantly. Cook 1-2 minutes to thicken. Transfer the chicken and most of the sauce to the bowl with the vegetables. (Leave about a tablespoon of sauce in the skillet.)
6. Add the remaining tablespoon oil to the skillet and add the noodles. Toss to coat and spread across the pan. Cook, stirring or turning frequently, for 2 minutes, until the noodles are lightly browned.
7. Remove from the heat, add the chicken and vegetables back to the skillet with the noodles and toss to combine. Enjoy!

Notes

This recipe may also be made with chicken breasts. Reduce the meat cooking time by 1-2 minutes and be careful not to overcook and dry out the chicken pieces.