



WHAT'SheATE



## Fiery Thai Noodle Bowl with Crispy Chicken Thighs

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 ounces baby bok choy halved sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup chicken stock see (such as Swanson)
- ☐ 1.5 cups cilantro leaves (1 bunch)
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 3 garlic clove

- ☐ 1 teaspoon kosher salt divided
- ☐ 8 lime wedges
- ☐ 1 tablespoon soy sauce
- ☐ 4 ounces vermicelli uncooked
- ☐ 2 thai chile fresh
- ☐ 16 ounce strips. boneless
- ☐ 0.3 cup water
- ☐ 1.3 cups to 3 sized squashes yellow chopped ( 1 medium)

## Equipment

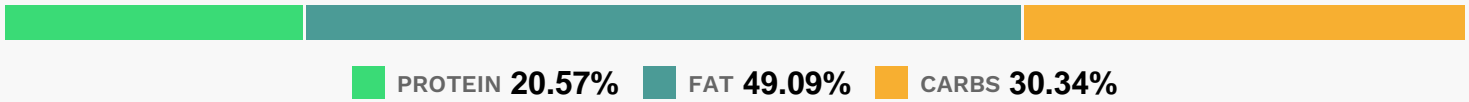
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cutting board

## Directions

- ☐ Preheat oven to 42
- ☐ Heat a large stainless steel skillet over high heat.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt and pepper.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add chicken, skin side down; cook 3 minutes or until skin begins to brown.
- ☐ Remove chicken from pan.
- ☐ Pour oil into a small bowl; reserve oil. Return chicken to pan, skin side down.
- ☐ Place pan in oven; bake chicken at 425 for 4 minutes. Turn chicken over, skin side up, and bake an additional 2 minutes or until done.
- ☐ Remove chicken from pan; place on a cutting board.
- ☐ Let chicken stand, skin side up, 10 minutes.
- ☐ Cut chicken into slices; keep warm.

- ☐ Cook the noodles according to package directions, and drain.
- ☐ Sprinkle noodles with 1/4 teaspoon salt; toss well to combine.
- ☐ Combine 1/4 teaspoon salt, cilantro, and next 5 ingredients (through chiles) in a food processor, and process until well blended.
- ☐ Return the skillet to medium-high heat.
- ☐ Add reserved oil to pan; swirl to coat.
- ☐ Add squash, bok choy, and remaining 1/4 teaspoon salt; saut for 3 minutes or until vegetables are crisp-tender, stirring frequently. Stir in soy sauce. Divide noodle mixture evenly among 4 bowls. Top each serving with 1/2 cup squash mixture, 1 chicken thigh, and 2 lime wedges.
- ☐ Drizzle the sauce evenly over servings.

## Nutrition Facts



## Properties

Glycemic Index:57.75, Glycemic Load:14.83, Inflammation Score:-9, Nutrition Score:17.345217341962%

## Flavonoids

Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

## Nutrients (% of daily need)

Calories: 418.58kcal (20.93%), Fat: 22.88g (35.2%), Saturated Fat: 5.46g (34.12%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 29.22g (10.63%), Sugar: 2.24g (2.49%), Cholesterol: 111.58mg (37.19%), Sodium: 918.94mg (39.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.14%), Vitamin C: 41.65mg (50.49%), Vitamin A: 2493.31IU (49.87%), Selenium: 26.45µg (37.78%), Vitamin B3: 5.96mg (29.8%), Vitamin B6: 0.54mg (27.21%), Phosphorus: 260.68mg (26.07%), Vitamin K: 25.24µg (24.04%), Manganese: 0.33mg (16.37%), Vitamin B2: 0.25mg (14.61%), Vitamin B5: 1.36mg (13.65%), Potassium: 451.35mg (12.9%), Zinc: 1.89mg (12.6%), Vitamin B12: 0.73µg (12.1%), Iron: 1.88mg (10.42%), Fiber: 2.59g (10.37%), Magnesium: 39.77mg (9.94%), Vitamin B1: 0.14mg (9.17%), Calcium: 89.66mg (8.97%), Copper: 0.16mg (8.05%), Vitamin E: 1.16mg (7.73%), Folate: 24.15µg (6.04%)