



WHATSheATE



Hong Kong Style Noodles with Chicken and Vegetables

 Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup strips bell pepper red
- ☐ 0.5 cup canola oil
- ☐ 1 cup sticks cut carrot
- ☐ 1 cup bias cut celery
- ☐ 2 cups chicken breast skinless
- ☐ 2 tablespoons chili garlic paste
- ☐ 16 ounces chow mein noodles

- ☐ 4 tablespoons cornstarch divided
- ☐ 1 tablespoons garlic minced
- ☐ 2 tablespoons ginger minced
- ☐ 0.5 cup green onions
- ☐ 3 tablespoons hoisin sauce
- ☐ 1.5 cups chicken stock see low-sodium
- ☐ 1 cup mung bean sprouts
- ☐ 1 cup julienne onion white
- ☐ 0.3 teaspoon sesame oil
- ☐ 0.5 cup strips shiitake mushrooms
- ☐ 0.8 cup strips snow peas
- ☐ 0.3 cup soya sauce divided

Equipment

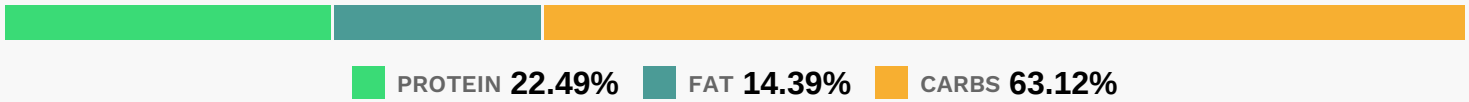
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ ziploc bags
- ☐ wok

Directions

- ☐ In a re-sealable plastic bag add, 3 tablespoons soy sauce, ginger, garlic, chili garlic paste, 2 tablespoons cornstarch and mix thoroughly, then add chicken and marinate for 1 hour.
- ☐ In a medium stock pot boil water and cook chow mein noodles until al dente, remove and shock in ice bath, shake dry and toss with 2 tablespoons oil to keep from sticking.
- ☐ In a large saute pan or wok, heat 2 tablespoons oil to almost smoke point and add chicken, separating each peace upon entry. Cook until browned on all sides.
- ☐ Remove and hold warm.
- ☐ In same wok, add 2 tablespoons oil.

- ☐
- Heat until almost the smoke point, then add the onions, bell peppers, carrots and celery.,
- ☐
- Saute for 2 minutes then add mushrooms, peas and bean sprouts. Cook for 1 minute, then add chicken saute for 1 minute, add hoisin, 3 tablespoons soy sauce and sesame oil, toss and remove.
- ☐
- Heat a 12-inch nonstick saute pan, add 3 tablespoons oil, heat to almost smoke point, and add chilled chow mein noodles. Cook on one side until crispy light golden brown. Flip noodles and another 2 tablespoons of oil and cook other side. When done, remove and let drain on paper towels, while holding warm.
- ☐
- Mix 2 tablespoons cornstarch and chicken stock, and deglaze hot wok with mixture and let reduce by one-third.
- ☐
- Place noodles on a rimmed serving platter, top with chicken and vegetable saute, and pour chicken reduction over top.
- ☐
- Garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:20.31130466513%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 470.35kcal (23.52%), Fat: 7.54g (11.6%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 74.43g (24.81%), Net Carbohydrates: 66.95g (24.34%), Sugar: 8.62g (9.58%), Cholesterol: 32.24mg (10.75%), Sodium: 1253.94mg (54.52%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 26.51g (53.03%), Vitamin A: 4264.76IU (85.3%), Vitamin C: 33.58mg (40.7%), Vitamin B3: 7.95mg (39.77%), Vitamin K: 37.43µg (35.65%), Vitamin B6: 0.69mg (34.61%), Fiber: 7.48g (29.92%), Selenium: 18.83µg (26.91%), Iron: 4.01mg (22.3%), Phosphorus: 211.98mg (21.2%), Manganese: 0.41mg (20.27%), Potassium: 608.74mg (17.39%), Vitamin B5: 1.42mg (14.15%), Vitamin B2: 0.23mg (13.3%), Folate: 50.42µg (12.6%), Magnesium: 42.71mg (10.68%), Copper: 0.19mg (9.68%), Vitamin B1: 0.13mg (8.55%), Vitamin E: 1.28mg (8.55%), Zinc: 0.98mg (6.54%), Calcium: 55.97mg (5.6%), Vitamin B12: 0.16µg (2.65%)