



Szechuan Noodles with Chicken and Broccoli

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



713 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch broccoli cut into florets and stems discarded
- ☐ 6 chicken breasts whole split bone-in
- ☐ 0.5 teaspoon asian chili oil hot
- ☐ 2 tablespoons sesame oil dark toasted
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.3 cup ginger fresh peeled chopped
- ☐ 6 garlic cloves chopped
- ☐ 0.1 teaspoon ground pepper

- ☐ 0.3 cup honey
- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 10 servings olive oil good
- ☐ 1 bell pepper red julienned
- ☐ 4 scallions white green sliced and parts
- ☐ 0.3 cup sherry vinegar
- ☐ 0.5 cup smooth peanut butter
- ☐ 0.5 cup soya sauce good
- ☐ 1 pound pasta like spaghetti
- ☐ 0.5 cup tahini sesame paste
- ☐ 0.5 cup vegetable oil
- ☐ 1 bell pepper yellow julienned

Equipment

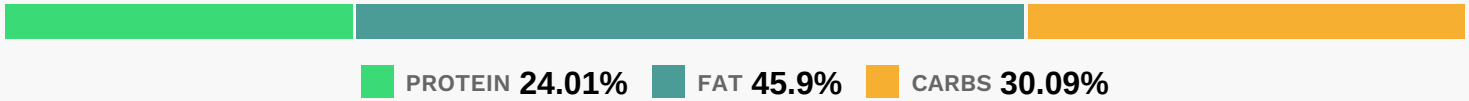
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the chicken breasts on a sheet pan, skin side up. Rub the tops with olive oil and sprinkle liberally with salt and pepper. Roast for 35 minutes, until cooked through. Set aside until cool enough to handle.
- ☐ Remove the meat from the bones and discard the skin and bones. Shred the chicken in large bite-sized pieces and set aside.

- ☐ Meanwhile, bring a large pot of salted water to a boil and blanch the broccoli florets for 2 minutes.
- ☐ Drain and immediately immerse in a bowl of ice water to stop the cooking and set the color.
- ☐ Drain and set aside.
- ☐ Place the garlic, ginger, vegetable oil, tahini, peanut butter, soy sauce, sherry, sherry vinegar, honey, chili oil, sesame oil, 1/2 teaspoon black pepper and the cayenne pepper in a food processor fitted with a steel blade and puree until smooth. Set aside.
- ☐ Add a splash of olive oil to a large pot of boiling salted water and cook the spaghetti according to the directions on the package.
- ☐ Drain the pasta in a colander, place it in a large bowl, and while still warm, toss with the sauce.
- ☐ Add the scallions, peppers, chicken and broccoli and toss well.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:18.93, Inflammation Score:-9, Nutrition Score:36.535217860471%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 4.84mg, Kaempferol: 4.84mg, Kaempferol: 4.84mg, Kaempferol: 4.84mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 712.7kcal (35.63%), Fat: 36.67g (56.42%), Saturated Fat: 5.87g (36.68%), Carbohydrates: 54.09g (18.03%), Net Carbohydrates: 49.16g (17.88%), Sugar: 11.49g (12.76%), Cholesterol: 86.78mg (28.93%), Sodium: 891.13mg (38.74%), Alcohol: 0.62g (100%), Alcohol %: 0.22% (100%), Protein: 43.16g (86.31%), Vitamin C: 95.11mg (115.28%), Selenium: 78.76µg (112.51%), Vitamin B3: 18.45mg (92.26%), Vitamin K: 86.07µg (81.97%), Vitamin B6: 1.37mg (68.73%), Phosphorus: 577.65mg (57.77%), Manganese: 0.91mg (45.56%), Potassium: 1041.16mg (29.75%), Vitamin E: 4.45mg (29.67%), Magnesium: 116.42mg (29.11%), Vitamin B5: 2.74mg (27.43%), Vitamin B1: 0.4mg (26.89%), Copper: 0.5mg (24.77%), Folate: 89.07µg (22.27%), Fiber: 4.92g (19.7%), Vitamin B2: 0.31mg (18.52%), Zinc: 2.73mg

(18.23%), Vitamin A: 882.86IU (17.66%), Iron: 2.96mg (16.43%), Calcium: 81.71mg (8.17%), Vitamin B12: 0.27µg (4.52%)