

Chicken Stir Fry with Rice Noodles

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-stir-fry-flat-rice-noodles-recipe>

Ingredients:

- 1/4 cup soy sauce for marinating the chicken
- 1 tablespoon honey for marinating the chicken
- 1/2 chicken breast sliced and cubed
- 1/2 tablespoon oil
- 3 garlic cloves
- 1 green pepper
- 1 tablespoon fresh ginger
- 3 green onions sliced, reserve green part for garnish, optional
- 1 cup mushrooms sliced
- 1 cup broccoli florets blanched
- 1 pinch salt and Ground Black pepper or a splash of soy sauce
- 1/2 tablespoon oil
- 1 tablespoon oyster sauce
- unsalted cashews A handful of raw, *optional
- 1/2 pound rice noodles I used Thai Rice noodles
- lite soy sauce Splash, to taste
- green onions green part
- sesame seeds

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 20 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 0.5 grams

8. Sodium: 1150 milligrams

9. Sugar: 7 grams

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