

Stir Fry Noodles

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 1/4 pounds boneless skinless chicken breasts or thighs - thinly sliced then cut into bite-sized pieces
- 4 tablespoons low sodium soy sauce plus additional to taste, divided
- 3 cloves garlic minced
- 1 bunch green onions thinly sliced, about 1 cup, divided
- 2 tablespoons hoisin sauce
- 1 tablespoon minced fresh ginger
- 1 tablespoon rice wine vinegar
- 2 tablespoons grapeseed oil or canola oil - divided
- 6 ounces noodles dry long, such as soba, udon noodles or whole wheat spaghetti or whole wheat linguine noodles
- 6 cups sliced vegetables thinly, such as mushrooms, bok choy, broccoli, red bell pepper, or carrots, I used 8 ounces cremini mushrooms...
- 2 large eggs lightly beaten
- 2 teaspoons Sriracha sauce or to taste

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 235 milligrams
4. Fat: 18 grams
5. Fiber: 12 grams
6. Protein: 48 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1030 milligrams
9. Sugar: 5 grams

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