

Sesame-Ginger Noodles with Chicken and Vegetables

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-wide-rice-noodle-recipe>

Ingredients:

- 1/2 pound skinless boneless chicken breast halves cut crosswise into slices 1/4-1/3-inch, 6-9 mm. thick
- 2 tablespoons fresh ginger minced
- 1 tablespoon gluten free tamari
- 3 teaspoons sesame oil Asian
- 1 tablespoon rice vinegar
- ground black pepper
- kosher salt
- wide rice noodles 8 oz., 250 g. Pad Thai
- 2 tablespoons vegetable oil
- 1 shallot thinly sliced
- 1/8 teaspoon red pepper flakes
- 3 cups napa cabbage thinly sliced, about 1/4 head
- 4 ounces shiitake mushrooms stemmed and sliced
- 1/4 cup gluten-free chicken broth 2 fl. oz./60 ml.
- 5 green onions thinly sliced
- 1/4 cup chopped fresh cilantro coarsely

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 35 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 530 milligrams

9. Sugar: 1 grams

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