

30-Minute Chicken Rice Noodle Stir-Fry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-rice-noodle-stir-fry-recipe>

Ingredients:

- 12 ounces rice noodles or egg noodles
- 3 tablespoons olive oil
- 2 skinless boneless chicken breasts sliced into bite-size strips
- 1/2 green bell pepper, sliced red and
- 1 cup broccoli chopped
- 4 ounces shiitake mushroom sliced
- 1 tablespoon fresh ginger peeled and shredded
- 1/2 cup chicken stock
- 2 tablespoons soy sauce
- 2 tablespoons ketchup
- 1 teaspoon cornstarch
- 3 sesame oil drizzles of Asian

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 40 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 2 grams
8. Sodium: 670 milligrams
9. Sugar: 3 grams

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