



Chicken Stir-Fry with Rice Noodles

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes

Makes 4-6 servings

Ingredients

14 ounces dried rice noodles
1 pound boneless chicken breast or thigh
2 tablespoons olive oil
4 garlic cloves, peeled and finely sliced
1 pound broccoli, cut in half lengthways
About 4 tablespoons soy sauce, to taste
4 eggs, beaten
Sea salt and freshly ground black pepper
1 lime
Crushed red pepper –as needed

Method

1. Soak dried noodles in warm water until softened, about ten minutes. Drain noodles and set aside.
2. Meanwhile, butterfly the chicken breast / thigh by slicing through it horizontally, but leaving it joined down one side, then open it out. Flatten it with a rolling pin, wine bottle or frying pan, then cut it diagonally into strips.
3. Heat a wok or large fry pan over a high heat and add 1 Tablespoon oil. Season the chicken with salt and pepper, and stir-fry for about 3 minutes until golden brown all over but not quite cooked through.
4. Add the garlic and stir-fry for 30 seconds, then add the broccoli and continue to stir-fry for a few minutes until tender; add the soy sauce to season. When the broccoli is tender, remove the contents of the wok and set them to one side.
5. Wipe out the wok, add 1 tablespoon oil and heat wok until oil is hot.
6. Add the eggs to the hot wok, and stir over the heat, allowing the bottom of the egg to cook.
7. Add the noodles and toss well, allowing scrambled eggs to break up slightly.
8. Return the chicken and broccoli mixture to the wok and heat through, stir-frying over a medium heat.
9. Add lime juice, and a sprinkle of red crushed pepper and serve.