



Chicken Vegetable and Grass Noodle Stir Fry

Servings

4

Calories

260

Prep Time

15 minutes

Total Time

25 minutes

Skill Level

Easy

Ingredients

- 3 cups Mann's Broccoli Cole Slaw
- 1 package bean thread
- 3 cups chicken stock
- 2 teaspoons canola oil
- 1 red onion, thinly sliced
- 3 cloves garlic, thinly sliced
- 1 cup jalapeno, sliced into thin rings
- 1 pound chicken, cut into thin strips
- 3 cups angel hair cabbage
- 2 cups carrots, shredded
- 1 lime
- 1 tablespoon ginger, puree
- 1 tablespoon lemongrass, puree
- 2 tablespoons soy sauce



The Method

Bring chicken stock to a boil and turn off heat. Add the bean thread and set aside for 20 minutes. After 15 minutes strain the bean thread, do not rinse.

Heat a wok or large sauté pan over medium-high heat. Add canola oil and allow to heat for 15 seconds. Add the onion, garlic and jalapeno, cook one minute. Add the chicken and cook 3 minutes. Increase to high heat.

Add the bean thread and all other remaining ingredients. Cook until vegetables are tender, about 3-4 minutes longer, stirring occasionally. Serve immediately.



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Nutrition Facts

Servings Size: 421g Servings: 4

Amount Per Serving

Calories 260 | Calories from Fat 50 | Total Fat 6g (sat fat 1g trans 0g | Cholesterol 65mg | Sodium 740mg | Total Carbohydrate 25g | Dietary Fiber 9g | Sugars 11g | Protein 30g | Vitamin A 270% | Vitamin C 280% | Calcium 15% | Iron 15%