



Sweet Potato "Fettuccine" Teriyaki Chicken Rice Bowl

Servings

4-6

Calories

290

Prep Time

10 minutes

Total Time

25 minutes

Skill Level

Easy

Ingredients

1 (10 ounces) package Mann's Sweet Potato "Fettuccine"

1 tablespoons vegetable oil

3 cups cooked boneless, skinless chicken, chopped (rotisserie chicken is fine)

1 tablespoon minced ginger

2 cloves garlic, minced

1½ cups sliced red onion

¼ cup stir-fry or teriyaki sauce

¼ cup chicken stock

3 cups warm cooked rice

sesame seeds, toasted

green onions, sliced (optional)

salt

black pepper

soy sauce



The Method

Add oil to skillet; sauté ginger and garlic until fragrant. Add sweet potatoes and onions; stir fry until vegetables are tender crisp, about 3 minutes. Add chicken stock, chicken and stir-fry sauce; toss to coat. Season with salt, pepper and soy sauce to taste.

Divide rice into 4 to 6 individual serving bowls, top with sweet potato chicken mixture. Garnish with sesame seeds and green onions.

Nutrition Facts

Serving Size: 273g | Servings: 5

Amount Per Serving

Calories 290 | Calories from Fat 40 | Total Fat 4.5g (sat fat 0.5g trans 0g) | Cholesterol 35mg | Sodium 400mg | Total Carbohydrate 47g | Dietary Fiber 3g | Sugars 7g | Protein 15g | Vitamin A 190% | Vitamin C 8% | Calcium 4% | Iron 10%