



# Thai Noodles with Chicken and Snow Peas

## Servings

6

## Calories

340

## Prep Time

25 minutes

## Total Time

1 hour

## Skill Level

Easy

## Ingredients

- 1 small chicken breasts, boneless, skinless
- 3 tablespoons vinegar, rice
- 1 tablespoon honey
- 2 teaspoons peanut butter
- 1 tablespoon soy sauce, reduced sodium
- 1 teaspoon ground ginger, fresh or bottled
- ½ teaspoon garlic cloves, minced
- Dash of crushed dried red pepper
- 1 Mann's Nourish Bowls Spicy Thai
- 2 ounces Mann's Snow Peas
- 1 tablespoon Cilantro, fresh, chopped



## The Method

Flatten chicken breast with a meat mallet or rolling pin between 2 sheets of plastic wrap.

Combine vinegar and next 6 ingredients in a bowl, stirring with a whisk until blended. Reserve 1 tablespoon of mixture, and set aside.

Add flattened chicken to remaining vinegar mixture, tossing to coat. Cover, and chill 1 hour.

Remove chicken from marinade, discarding marinade.



# Thai Noodles with Chicken and Snow Peas

Cook Nourish Bowl according to package directions. Meanwhile, steam snow peas for 2 minutes before rinsing with cold water; drain and set aside.

Cook chicken in a large nonstick skillet coated with cooking spray over medium-high heat 3 minutes on each side or until done. Let stand 5 minutes. Cut into slices or shred.

Add to bowl with noodles and snow peas. Drizzle with reserved marinade and sprinkle with cilantro.

## Nutrition Facts

Serving Size: 165g | Servings: 6

### Amount Per Serving

Calories 340 | Calories from Fat 70 | Total Fat 8g (sat 1.5g trans 0g) | Cholesterol 35mg | Sodium 370mg | Total Carbohydrate 45g | Dietary Fiber 3g | Sugars 12g (Includes 0g Added Sugars) | Protein 23g | Vitamin A 10% | Vitamin C 12% | Calcium 6% | Iron 15%