

# Filipino Chicken Pancit

Super fast, super delicious. This 15-minute dinner is the classic Philippine stir fry cooked up with noodles, chicken, bok choy, pea pods and carrots. It's a family favorite that's on the table in a heartbeat.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Wok or Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breast  
Chow Mein Noodles  
Onions & Garlic  
Veggies  
Pancit Sauce

## Good To Know

The term Pancit originated from the Hokkien word "pian e sit," which means, "something conveniently cooked." Filipino restaurants specializing in noodles are referred to as panciterias. According to Filipino folklore, noodles should be eaten on one's birthday and represent long life and good health!

**Our cage-free chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

**Health snapshot per serving** – 625 Calories, 67g Protein, 8g Fiber, 6g Fat, 14 Smart Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken Breast, Chow Mein Noodles, Bok Choy, Pea Pods, Carrots, Onion, Garlic, Tamari

*meez* meals

### 1. Getting Organized

Set a saucepan of water to boil.

### 2. Prep the Chicken

Place the **Chicken Breast** on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

### 3. Cook the Noodles

Place **Chow Mein Noodles** in boiling water and cook until desired tenderness, about 2 to 3 minutes. Drain the noodles well.

### 4. Cook the Veggies and Chicken

Heat 2 Tbsp oil in a wok or large skillet over medium heat. Add the **Onions & Garlic** and sauté for about 3 minutes.

Turn heat to high and add the cubed chicken. Sauté until the chicken starts to brown and edges are no longer pink, about 3 minutes.

Add the **Veggies** and **Pancit Sauce**, stirring constantly for another 3 minutes. Remove from heat.

### 5. Put It All Together

Stir in the noodles and mix all the ingredients together thoroughly. Serve and enjoy!

*Use enough water to completely cover the noodles.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**