

Cantonese Chicken Noodle

We're velveting the chicken to give it that silky, tender texture found in great Chinese food and serving it up in a delicious white sauce. Paired with crispy fried noodles and Asian veggies, it's a Cantonese stir fry taken up to the next level.

30 Minutes to the Table

30 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

- Saucepan
- Large Skillet
- Large Mixing Bow
- Small Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

7 MEEZ CONTAINERS

- Noodles
- Chicken
- Cornstarch
- Velveting Sauce
- Asian Veggies
- Cantonese White Sauce
- Sambal & Sesame Oil

Good To Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the noodles reducing the **carbs per serving to 30g**. Skip step 1. In place of step 3, heat 1 Tbsp olive oil in the empty skillet over high heat. When the oil is hot, add the zucchini "noodles" and cook until they start to char, about 3 to 4 minutes. Transfer to serving plates.

If you ordered the **Gluten-free version** we sent you **Jasmine rice** instead of the noodles. Cook the rice uncovered in the saucepan until tender, about 15 minutes.

This dish is still full-flavored even without the Sambal & Sesame Oil so a great **family friendly option**.

Health snapshot per serving – 730 Calories, 14g Fat, 53g Protein, 87g Carbs, 11 Freestyle Points

Lightened up health snapshot per serving – 650 Calories, 10g Fat, 49g Protein, 79g Carbs, 11 Freestyle Points using half the Sambal & Sesame Oil and half the noodles.

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

INGREDIENTS: Chicken, Noodles, Cornstarch, White Wine, Snow Peas, Baby Corn, Green Onion, Bok Choy, Carrot, Sambal, Rice Wine Vinegar, Tamari, Chicken Broth, Vegetable Broth, Garlic, Ginger, Sugar, Sesame Oil, Vegetable Oil, Agave

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1. Cook the Noodles

Put a large saucepan of water on to boil. Add the **Noodles** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and return the cooked noodles to the saucepan until step 3.

2. Cook the Chicken

While the noodles are cooking, pat the **Chicken Breast** dry with a towel and place on a cutting board. Cut the chicken breast horizontally along the short end into short strips, about ¼" wide. Put the strips into a large mixing bowl with 3 Tbsp of **Cornstarch** and mix until the chicken is coated. Add the brown **Velveting Sauce** and stir until the chicken strips are coated in batter on all sides.

Heat 2 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken (but not the excess batter) in a single layer. Cook until the chicken is brown on one side, about 2 to 3 minutes. Flip each strip and cook until the other side is brown, an additional 2 minutes. Transfer the cooked chicken to a paper towel lined plate. Do not wipe out the skillet.

3. Fry the Noodles

Heat 1 Tbsp olive oil in the now-empty skillet over high heat. Add the cooked noodles spread out as evenly as possible and cook until the noodles on the bottom and edges start to brown and become crispy, about 3 to 4 minutes. Stir, and then cook until the noodles now on the bottom and edges also turn brown, an additional 2 to 3 minutes. Arrange the fried noodles into a "nest" on each serving plate. Do not wipe out the skillet.

4. Cook the Veggies

Heat 1 Tbsp oil in the now-empty skillet over medium high heat. When the oil is hot, add the **Asian Veggies** and sauté, stirring occasionally, until they soften and start to char, about 5 to 6 minutes. Remove from the pan and set aside.

5. Cook the Sauce and Serve

Combine 1 Tbsp of the cornstarch with 1 Tbsp of water in a small bowl to create a slurry. Return the skillet to the stove over medium high heat and add the **Cantonese White Sauce**. Slowly stir-in the cornstarch/water slurry. Continue stirring until the sauce thickens, about 1 to 2 minutes. Add the cooked veggies and stir. Remove from the heat. Serve the veggies and sauce over the fried noodle nest with the chicken on top. Drizzle with the **Sambal & Sesame Oil** if you'd like a spicy kick. Enjoy!

You will use some of the remaining corn starch in step 5.

Discard the excess batter.

Discard the excess cornstarch not used in the slurry..

Instructions for two servings.

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