



# CHICKEN MAI FUN

Thin Sesame Seasoned Rice Noodles with Chicken and Vegetables

Alright, first off... this dish actually is darker than what's pictured. For whatever reason, my pictures came out reddish in hue. But, whatever. This is a pretty dangd yummiie, low point spin on a Chinese rice noodles dish. Though I use chicken in my recipe, the star of this dish is the noodles, so you can definitely swap out vegetables or protein for ingredients you prefer.

## Servings Info.:

Yields: 9-1/4 cups  
 Servings: 7  
 Serving Size: 1-1/3 cup



*- last checked 11/21/22 -  
 Use your mobile device's 'Camera' App to  
 look at this code for nutritional info.*

## Ingredients:

### Meat:

- 3/4 pound chicken breast
- 1/4 tsp baking soda, mixed with 2 tsp water

### Sauce:

- 1/2 cup fat free chicken broth
- 2 Tbsp oyster sauce
- 2-1/2 Tbsp reduced sodium soy sauce
- 1 Tbsp 'dark' soy sauce; I used 'Sushi Chef' brand
- 1 Tbsp white wine
- 1-1/2 tsp each: rice vinegar & balsamic vinegar
- 1/2 tsp 0 point sweetener o' choice (I used lakanto monkfruit)
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 Tbsp PLUS 1-1/2 tsp cornstarch

### Veggies:

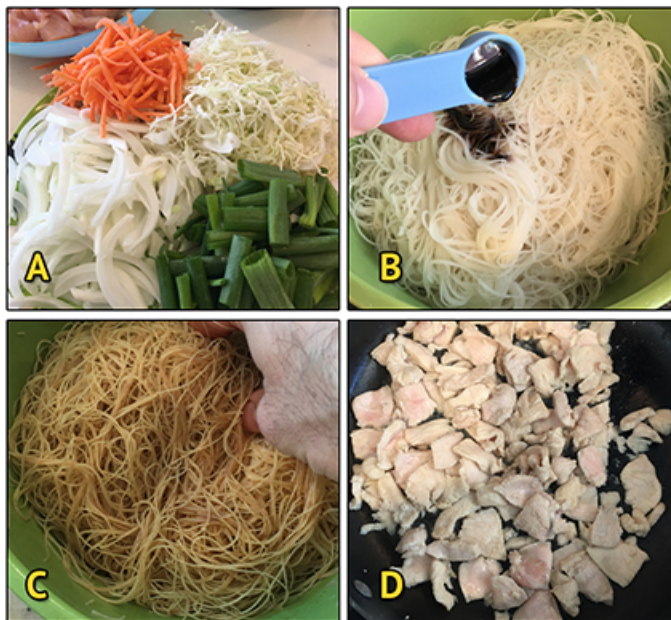
- 1 cup 'shredded' carrots (the bagged stuff, like for cole slaw)
- 1 large onion, quartered and thinly sliced
- 1 tsp ginger, minced (see notes)
- 1 cup thiiiiinly sliced cabbage (can buy 'angel hair' cabbage)
- 1 cup green onions, cut into 2" lengths

### Additional Ingredients:

- 8 oz dried vermicelli rice noodles (see notes)
- 2 tsp 'dark' soy sauce, I used 'sushi chef' brand, for noodles
- 1 tsp sesame oil
- 1 tsp toasted sesame seeds. (3/4 tsp in noodles, 1/4 tsp garnish)

## Directions:

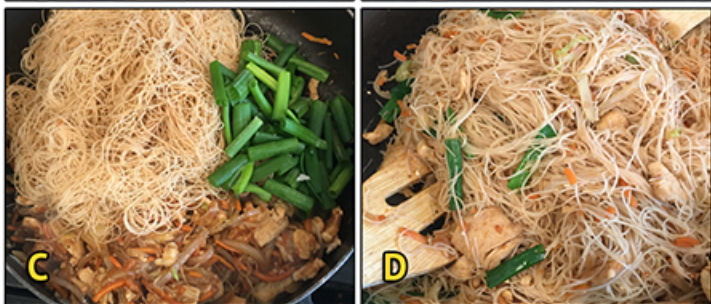
1. Combine the chicken and baking soda solution, till well mixed. Set aside for 20 minutes. Prepare the noodles according to package directions. Drain, rinse, set aside.



2. **(A)** Make sure that ALL of your veggies and chicken are prepped before you continue. The rest of this comes together quick. **(B)** Place the cooked, drained noodles into a large bowl, add the sesame oil and 2 tsp 'dark' soy sauce. **(C)** This will take a few minutes... but mix the noodles till they take on a dark, uniform color. Set aside. **(D)** Heat a large, high walled pan over high heat for 1 minute. Spray with cooking spray, then add the thin sliced chicken. Cook for 3-4 minutes, or until it's aaaalmost cooked through. It's ok if there's a little pink.



3. **(A)** Add carrots, ginger and onions into the pan. Cook over high heat for 3 minutes. **(B)** Add finely shredded cabbage, stir to mix. Cover pan with lid, cook/steam for 2 minutes.



4. **(A)** Pour sauce into pan, it should start thickening almost immediately. **(B)** Stir till the sauce coats the vegetables, then **(C)** lower heat to medium and add the noodles, green onions and 3/4 tsp of the toasted sesame seeds. **(D)** Now... here's the tough part. Toss/Stir/Mix it all, till it's completely combined and the sauce is evenly distributed. "But Daniel, what's so hard about that?" If you haven't tried to mix a dish with these THIN rice noodles before... imagine pouring super glue into Rapunzel's hair, after she wakes up with it in knots.... then, trying to untangle it with kitchen utensils. THAT's about how hard it is. It'll definitely take you a few grumbling minutes to separate the noodles. By the end of it, you'll either thank me, or you'll unfollow me, out of spite. Either way though, don't give up, rice noodles are worth it.
5. Once you've managed the minor miracle of untangling and mixing the noodles... garnish by sprinkling the remaining 1/4 tsp of toasted sesame seeds on top. Then... go get yourself a drink. Done.

#### NOTES:

- **RICE NOODLES:** Ok folks, we're using 'vermicelli rice noodles'. They can be found in the Asian food aisle, if your store has them. They look like angel hair pasta, but are even thinner. They might be called vermicelli rice noodles... they might also be packaged as "MAIFUN RICE STICKS". Some brands ask you to boil them for 2-3 minutes, while other brands (like what I used) simply have you soak the noodles in hot water for a few minutes. Follow the package instructions for the noodles you buy, then use them in my recipe.
- **DARK SOY SAUCE:** I used "Sushi Chef" brand, when calculating the points for this recipe.
- **GINGER:** If you don't want to use fresh ginger, you can use ground ginger. However, only use 1/2 tsp ground ginger... and add it to your sauce, not the onions/carrots.

