

# DRUNKEN NOODLES

Traditionally Known As "Pad-Kee-Mao", This Noodle Dish Has A Reputation For Being 'Hangover Food'

Despite its funny monicker, this noodle dish is freakin' delicious. Tender chicken is tossed with sautéed mixed veggies, ginger, garlic, a rich and savory sauce, with a little spicy kick. However, what absolutely MAKES this dish is the rice noodles.

## Ingredients:

### Meat:

- 1.5 lbs chicken breast, sliced into thin, bite sized strips
- 1/4 tsp baking soda, dissolved in 1 tsp water
- 1 Tbsp low sodium soy sauce

### Sauce:

- 2 Tbsp reduced sodium soy sauce
- 2-1/4 tsp 'dark' soy sauce
- 1 Tbsp Asian 'fish' sauce
- 2 tsp oyster sauce
- 2 tsp Asian chili sauce (I used Huy Fong Chili Garlic sauce)
- 1-1/2 tsp cornstarch, stirred in till dissolved
- 1/4 tsp sesame oil

### Vegetables:

- 5-6 medium garlic cloves, sliced thin
- 1 tsp fresh ginger, minced
- 1 LARGE onion, halved, then sliced into thin strips
- 1 LARGE red bell pepper, sliced into thin strips
- 1/2 cup green onions, sliced into 2" pieces
- 10 baby corn ears, sliced in half, lengthwise
- 1 cup Thai Basil leaves OR... 2 cups 'regular' Basil with 1 Tbsp finely chopped fresh tarragon.

### Additional Ingredients:

- 8oz uncooked wide RICE noodles (see notes)

## Directions:

1. Combine the chicken, baking soda and soy sauce. Set aside for 20-30 minutes. In a separate cup, mix all the sauce ingredients till smooth, cover, set aside.

## Servings Info.:

Yield: 9-1/4 cups

Servings: 7

Serving Size: 1-1/3 cups



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Use your mobile device's 'Camera' App to  
look at this code for nutritional info.



2. (A) Slice and prep all the vegetables, set aside. (B) Cook the rice noodles according to package directions. Rinse and set aside. (C) Heat a large pan over high heat for 1 minute. Spray with cooking spray, add the marinated chicken. Cook until just cooked through, about 5 minutes. Remove chicken from pan, setting aside, then return pan to heat. (D) Spray the pan with cooking spray, then add the garlic, ginger, onion and bell pepper. Cook for 3-4 minutes, till they start to slightly caramelize around the edges.



3. (A) Add the sliced green onions and baby corn to the pan. Cook for 1 minute over high heat, tossing to combine. (B) Return chicken to the pan, then pour in the sauce. Cook for 1-2 minutes, stirring/tossing till the chicken and veggies are coated in a thick, uniformly dark sauce. (C) Add the fresh herbs (either Thai Basil or Basil & Tarragon), toss to combine. Once the basil begins to wilt, (D) Add the pre-cooked rice noodles to the pan and reduce heat to medium. Toss, toss and toss it all together, until the noodles are completely coated in sauce, 1-2 minutes.



4. (A) Try a piece of one of the noodles. If they are still too firm, continue cooking for an additional minute or two, till the texture, like Goldilocks, is juuuuust right. (B) Grats, you're done. Now, to keep with the recipe's name, feel free to crack a 'cold one', then get your grub-on, Gangnam Style... Yeah, I know you just read that text bubble in-tune with the song, sexy lady.

**Keep In Mind:**

This is NOT a heavily "sauced" dish. It's not dripping with thick, gravy-like sauce, unlike how you might get this dish at a take-out or strip mall restaurant. The star of this dish is the thick, chewy rice noodles... NOT a quart of sauce.

**NOTES:**

- **RICE NOODLES:** Ok folks, we're using a new ingredient your local stores may not have, mine didn't... WIDE rice noodles. They can sometimes be found in the Asian food aisle, or at Asian/Ethnic grocery stores. Honestly though, I ordered a 16oz box off of Amazon. The brand is called "A Taste of Thai, Wide Rice Noodles". With Prime, it cost me \$8 to get a 16oz box delivered 'next day'. Can't beat that, considering I spent hours driving to different stores to find them, with no luck. Follow the package instructions for the noodles you buy. Some brands want you to boil the noodles for 5-6 minutes, some ask you to soak the noodles for an hour... do what your box says, but you want them 'al-dente'. If you have no desire to order the wide rice noodles, you can use fettuccini, or extra wide pappardelle pasta. However, the texture will be VERY different. It'll still be good... just, not as good. My recipe used 23 points of dried, wide rice noodles.
- **GLUTEN SENSITIVITIES:** Rice noodles are gluten free. You can also buy gluten free soy sauce, called 'tamari' soy sauce.
- **BABY CORN:** These are those funky lookin' little mini ears of corn, you used to see at salad bars. You can find them either by the canned corn or in the Asian food aisle.
- **THAI BASIL OR SUBSTITUTIONS:** Thai Basil has a stronger basil flavor than 'regular' basil. It also has a slight licorice flavor. If you can't get Thai Basil (I can't), a simple way to substitute for it is to use twice as much 'regular' basil, and add something with a licorice flavor. In this case, tarragon.

