

# PANCIT SOTANGHON

An AWESOME Filipino Noodle Dish, Filled with Shrimp, Chicken & Veggies With Thin Rice Noodles

Pancit is an amazing Filipino noodle dish, loaded to the gills with everything good. If you'd like a comparison, think of it like a huge platter of chow mein, loaded with meat and veggies, but even BETTER, because of the thin, slightly chewy rice noodles. My WW sister from another mister, [@mariaraael12](#), shared her mother's recipe with me. This is my WW-ified version.

## Servings Info.:

Yield: 12 cups

Servings: 8

Serving Size: 1.5 cups



- last checked 11/28/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:

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

## Ingredients:

### Meat:

- 3/4 lb chicken breast, sliced into thin strips
- 1/4 tsp baking soda, dissolved in 1 Tbsp water
- 1 tsp 'dark' soy sauce (optional, for color)
- 3/4 lb medium shrimp (41-50 count) peeled, tail off, deveined

### Sauce:

- 1-1/2 cups fat free chicken broth
- 2 Tbsp PLUS 2 tsp soy sauce
- 1 tsp 'dark' soy sauce
- 1 Tbsp fish sauce (see notes)
- 1 Tbsp lemon juice
- 2 tsp paprika (for color)
- 1-1/2 tsp cornstarch

### Vegetables:

- 3 cups sliced onion, loosely packed, 1/4" wide strips
- 1-1/4 cups celery, sliced on a bias, 1/4" thick
- 1-1/4 cups carrots, "shredded" (see notes)
- 6 medium garlic cloves, chopped
- 1/2 head green cabbage, chopped, loose packed (5 cups)
- 1/2 cup sliced green onions, or more, to taste

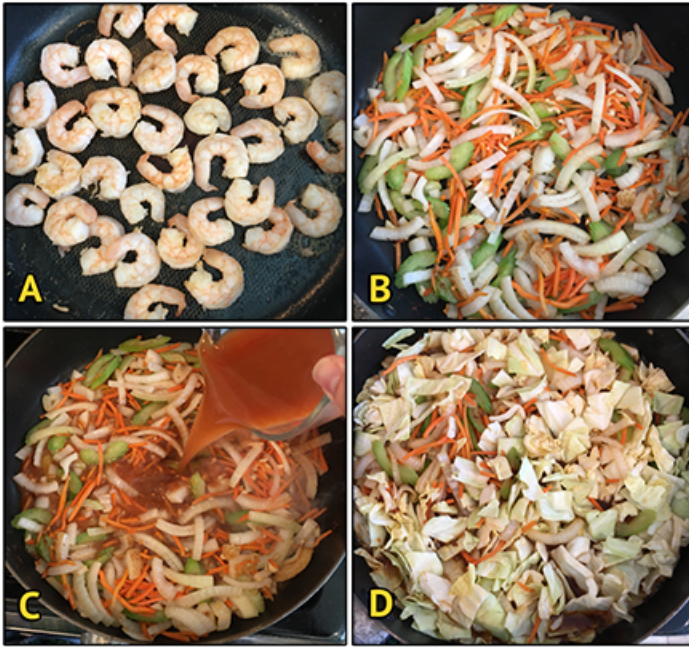
### Additional Ingredients:

- 8oz uncooked vermicelli RICE noodles (see notes)

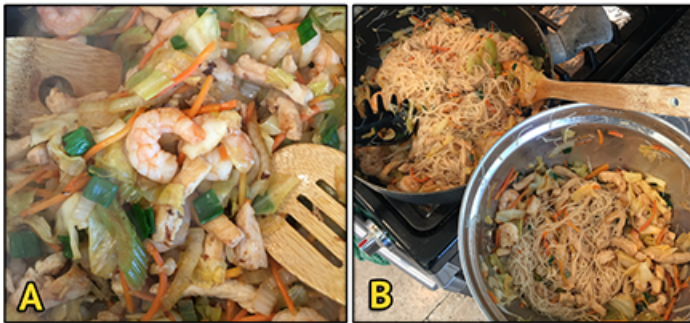


2. (A) Slice and prep all the vegetables, set aside. (B) Place the dried rice noodles into a large mixing bowl, then cover with warm (not hot) water. (C) Let the noodles soak according to package directions, till they are pliable, with the feel of regular 'al dente' pasta. Drain and set aside. (D) Heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add the chicken. Cook until just cooked through, then pour the chicken into a bowl and return pan to the heat.





3. **(A)** Spray the pan with cooking spray, then add the shrimp. Cook for 2 minutes, toss, then cook for another 2 minutes. Place shrimp into the same bowl as the chicken, then return your pan to the heat again. Turn up heat to High. **(B)** Spray with cooking spray, then add the onions, carrots, celery and garlic. Cook over high heat for 2 minutes, till onions and celery are starting to sweat. **(C)** Pour the sauce into the pan and bring to a rolling boil. **(D)** Add the cabbage to the pan and cook, uncovered, for 4 minutes. The cabbage will begin to wilt with the sauce boiling under it.



4. **(A)** Add the chicken, shrimp and green onions to the pan, cook for 1 minute. **(B)** Mixing this much pasta together in one pan is extremely difficult, because of how fine the rice noodles are. I **STRONGLY** suggest that you do this like I did. Divide the pan's hot contents between itself and a 2nd large mixing bowl. Once divided, add half of the noodles into each of them. Toss till all ingredients are well combined. This will take a minute or two, but it's SO MUCH EASIER to mix it together, divided in half, because there is so much ultra fine, tangly noodles. Be patient. Once both batches are mixed well, combine them back into the pan. Turn the heat back on to medium-high, and cook for 1-2 minutes, re-warming the dish, while also helping the noodles absorb a little bit of the sauce as they heat through... Pour out onto a large platter and serve. Garnish with thin sliced green onions.

#### NOTES:

- **RICE NOODLES:** Ok folks, we're using a new ingredient your local stores MIGHT not have... 'vermicelli rice noodles'. They are found in the Asian food aisle, if your store has them. They look like angel hair pasta, but are even thinner. 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 water for a few minutes. Follow the package instructions for the noodles you buy and use THOSE directions for steps 2B & 2C, unless you find a type that calls for soaking, like mine did. If, however, you are unable to find vermicelli rice noodles at any of your nearby stores... you can make this recipe with angel hair pasta, cooked to 'al dente'. The texture will not be the same, but it will still be a really tasty platter of noodles.
- **FISH SAUCE:** You can find it in the Asian food aisle, near the soy sauce.
- **CARROTS:** Ok, this caused some confusion in prior recipes. When I say 'shredded carrots', I mean the bagged, shredded carrots you find in the produce department of your grocery store. The carrots are in long, very, very thin matchsticks, like you'd find in coleslaws. They aren't truly shredded, like you'd get from a hand grater.
- **HALVE THE RECIPE:** This baby makes a HUGE platter of pancit. As such, you can deeeefinitely make a half batch. It'll make Step 4B unnecessary. You'll be able to mix it all in just the one large pan.

