Singapore Noodles
Chicken, Shrimp, & Veggies In A Peppered Curry Sauce

This noodle dish isn’t like a typical chow mein, that has a thick coat of sauce. Singapore Noodles is a “dry” noodle dish, very light on sauce, with lots of curry and spices that are spread throughout. Loaded with shrimp, chicken and veggies, this is a very non-typical noodle dish to see on a menu. The servers are always a surprised when you order it.

Ingredients:

Meat & Veggies:
- 1/2 lb chicken breast, sliced into thin strips
- 1 tsp paprika mixed with 1 Tbsp water (for chicken)
- 1 lb large shrimp (16-20 count)
- 2 large red bell peppers, sliced into strips
- 1/2 cup shredded carrot
- 1/2 medium onion, sliced into strips
- 1/2 cup sliced green onion

Curried Noodle Sauce:
- 1/4 cup chicken broth
- 1/4 cup rice wine vinegar
- 1 Tbsp white wine ***
- 3-1/2 Tbsp reduced sodium soy sauce
- 1 to 2 Tbsp curry powder, to taste. Some brands are spicer than others. I used 2 Tbsp of the Trader Joe’s curry powder, it’s on the milder side.
- 1 Tbsp ground turmeric
- 1 tsp black pepper
- 1 tsp 0 point sweetener o’ choice
- 1 tsp ginger root
- 4 cloves garlic, chopped
- 1/2 tsp salt

Additional Ingredients:
- 1 large egg
- 8 oz dried angel hair pasta noodles. Cooked according to package directions.
- 1 tsp sesame seeds, toasted in a hot pan till fragrant.
- additional thin sliced green onion, for garnish.

Servings Info.:
Yield: 11 cups
Servings: 7
Serving Size: 1.5 cups

Points:
1 serving = 6 4 4
2 servings = 12 8 8
3 servings = 18 12 12
4 servings = 24 17 17

Directions:

1. (A) Slice the chicken breasts into thin strips. (B) Mix the paprika and water into a paste, then mix with the chicken. Cover and set aside in the fridge, to marinate. (C) Whisk the egg until the egg and yolk are well mixed. Spray a pan with cooking spray and cook to form a flat, round omelette. (D) Remove from pan, roll the egg into a cigar shape, then slice thin. Set the sliced egg aside.

2. Combine the sauce ingredients in a bowl, set aside.

3. Toast the sesame seeds in a hot pan, till lightly brown and fragrant. Set aside.

(SEE NOTES for important Points info.)
4. **(A)** Heat the biggest pan that ya have, over medium heat, for 1 minute. Spray with cooking spray, then cook the chicken breast until just cooked through. Set aside. **(B)** Add shrimp to the pan, cover, and cook for a few minutes, till the shrimp is cooked through and pink. Set aside. **(C)** Admire all your prepared veggies, then crank up the heat to medium high. **(D)** Spray the pan with cooking spray and add the onions, red bell peppers, green onions and carrots. Cover and cook for 4 minutes, till starting to soften.

5. **(A)** Pour the sauce into the pan and cook uncovered for 2 minutes at a hard boil, stirring so that it doesn’t burn. **(B)** If ALL of the liquid has evaporated, add a little water. Turn off the heat and add all of the cooked pasta into the pan. **(C)** Take your time and fold all of the pasta into the pan, to distribute the veggies and sauce. The pasta will be lightly coated and take on a yellow hue. **(D)** Add the egg, chicken and shrimp, gently fold till well mixed. Plate, then garnish with extra green onion and toasted sesame seeds.

**NOTES:**
- **POINTS:** This note is going to have a bit of info.
  - If you use a 1 cup batch of my home made pasta recipe, which can be found in my “Cookbook: Volume 1” on pages 40-41, it will lower the points of this dish by 2 points per serving... cumulatively.
  - **GREENIES:** The high amount of points in this dish for folks on the Green Plan, is due to the points for shrimp, chicken and the egg.
  - **PURPLE PEOPLE EATERS:** You folks on the purple plan can have this dish for virtually no points, if you use whole wheat angel hair pasta. The dish will become so insanely low in points, that it’ll make you slap yo’ momma. For purple folks with whole wheat pasta... this ENTIRE 11 cup platter of pasta... has only 1 single point.
- **WINE:** Regular recipes for Singapore Noodles call for using Asian Rice Wine... which has a lot of points. I'm switching things up in this recipe by using a mix of rice wine vinegar, chicken broth and 1 Tbsp of regular white wine, which is 0 points. We're also adding 1 tsp of sweetener, to add the hint of sweetness that it would normally have from the rice wine. Is it the exact same flavor profile? No, but it's still really good. Don’t want to use wine? Fine, just add an extra 1 Tbsp of rice wine vinegar or chicken broth.