

Spicy Asian Noodles with Chicken

Yield

4 servings (serving size: 1 3/4 cups)

By DAVID BONOM March 2009

COOKING LIGHT

Bring the flavor of your favorite takeout to the dinner table in just 30 minutes. Add a snow pea sauté to complete the meal. This dish can also be made gluten-free; just be sure to check the labels on some Asian condiments that may contain hidden gluten.

Ingredients

1 tablespoon dark sesame oil, divided

1 tablespoon grated peeled fresh ginger

2 garlic cloves, minced

2 cups chopped roasted skinless, boneless chicken breasts

1/2 cup chopped green onions

1/4 cup chopped fresh cilantro

3 tablespoons low-sodium soy sauce {Check for Gluten}

2 tablespoons rice vinegar

2 tablespoons hoisin sauce {Check for Gluten}

2 teaspoons sambal oelek (ground fresh chile paste)

1 (6.75-ounce) package thin rice sticks (rice-flour noodles)

2 tablespoons chopped dry-roasted peanuts

How to Make It

Step 1 Heat 2 teaspoons oil in a small skillet over medium-high heat. Add ginger and garlic to pan; cook 45 seconds, stirring constantly. Place in a large bowl. Stir in remaining 1 teaspoon oil, chicken, and next 6 ingredients (through sambal).

Step 2 Cook noodles according to package directions. Drain and rinse under cold water; drain. Cut noodles into smaller pieces. Add noodles to bowl; toss well to coat. Sprinkle with peanuts.

Nutritional Information

- Calories 381, • Fat 8.1g, • Satfat 1.5g,
- Monofat 3.2g, • Polyfat 2.7g,
- Protein 27.5g, • Carbohydrate 47.1g,
- Fiber 2.3g, • Cholesterol 60mg,
- Iron 3.1mg, • Sodium 614mg,
- Calcium 55mg.

kallen18's Review

Meblack

August 02, 2013

This was well received by my family (kids and adults alike). I'm very fond of the consistency of rice-flour noodles. I've seen them prepared by cooking 2-3 minutes in boiling water. I just got a large metal bowl, placed the bundle of noodles inside, and filled up with really hot tap water, and let it sit for 10 minutes before draining. Then you rinse really well in cold water, and drain again. I had no issues with a filmy texture. The sauce clung nicely and the noodles stayed separated. I substituted teriyaki sauce for the hoisin (didn't know I was out of hoisin til it was too late). This kept well in the refrigerator and was wonderful cold the next day. Loved this dish! Wasn't overly spicy. My three young children all enjoyed it - including my two year old! Made baked crab rangoon for my side.

Delicious!

jeichner

July 25, 2017

Used chopped ckn thighs (i chopped and pre cooked) doubled sauce and used ramen noodles. It was delicious Surprisingly had all other ingredients on hand - always a plus

A Great Summer Meal

mzzssc

August 06, 2017

After reading the other reviews, decided to "customize" the recipe along the following lines. Poached a chicken breast as I didn't have any that was already cooked. Let the cooked breast cool and then shredded. I used soba noodles instead of rice sticks. And tossed in blanched broccoli and snow peas. Those modifications made this a wonderful, tasty main-meal salad.

Meblack's Review

WRXgirl

May 12, 2011

I really liked the flavor but I agree with other views I did not like the noodles, It was a strange texture. I did not have chili paste, so I just used chili power and it seemed to work well. Also for the chicken I just grilled up a chicken breast on the George forman gill.

Jaymie's Review

CZMZeds

December 16, 2010

We cook something from Cooking Light every night and this is the first time I've rated something - it is DELICIOUS. My husband was scraping the bowl and asking me to make a "double batch" next time. Very easy and very good. Followed the recipe exactly except used a tablespoon of dried cilantro instead of fresh.

cyndi2774's Review

pretendchef

April 02, 2011

This recipe has great flavor and, if it didn't use the rice noodles, it would have been great. However, we HATED the noodles! They have a really odd texture and we didn't like it at ALL. I would recommend using a different type of noodle or serving it with salad greens. The sauce would make a GREAT dressing. I'm going to try making it again with rice or regular pasta.

ViennaVAfoodie's Review

hockeymomof2

March 24, 2009

This recipe was delicious. I made the snow pea saute with it and it was a nice compliment to the dish. I was actually surprised with the quantity of noodles for each serving. I didn't have the chili paste, which was a disappointment because we love spicy foods, but I just added some of my own dry chili spice to heat it up a bit. My boyfriend raved about this one and it was super quick and easy. I used leftover meat from one of

those rotisserie chickens you can get at the supermarket. It made this dish super fast. This is going to be part of our favorites

HiloFoodie's Review

laurieCA

April 08, 2011

This is very good - didn't like the noodles too much though, hence the 4 stars. I'll probably try a chow mein type noodle next time. Excellent flavor. I boiled some chicken tenderloins with garlic, pepper and onion flakes and chopped it up. This will likely become our regular noodle dish for holidays.

momsje3's Review

ChrisInPA

March 24, 2012

N/A

CZMZeds's Review

Blessedfamily

April 15, 2009

This was one of my favorite (if not THE fav) recipe I've cooked from here. It was so easy to make and so delicious. I would recommend doubling

the chicken in this recipe. It's easy to make more spicy/hot by adding more sambal oelek, without damaging the taste.
