

Szechuan Chicken with Noodles

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Ingredients

3 skinless chicken breasts, sliced into thin strips
1 Tbsp corn starch
1 1/2 Tbsp sesame oil
1/4 tsp salt
2 tsp canola oil
1 Tbsp garlic, minced
1 10oz. bag broccoli slaw
1 tsp red pepper flakes
2 Tbsp reduced sodium soy sauce
1 Tbsp sherry vinegar
1 tsp sugar
1/4 cup peanuts
4 oz. whole wheat spaghetti, cooked according to package
chopped green onions for topping

Directions

In a small bowl combine the corn starch, sesame oil and salt then pour into a gallon size zip lock bag.
Add the chicken and remove all the air from the bag then shake it up making sure the chicken is well coated.
Place in refrigerator for at least thirty minutes.
Remove the chicken and cut it up.
Heat a large wok/pan on med/high heat and add 1 tsp canola oil.
Add the chicken and cook until done about 5 minutes.
In the last 30 seconds add the garlic.
Remove the chicken and wipe down wok with paper towel.
Turn the heat up to high and add the other 1 tsp of canola oil.
Add the broccoli slaw and red pepper flakes and cook for 6 minutes.
Add the chicken and cooked spaghetti and stir everything and let it cook for an additional 2 minutes.
Add soy sauce, vinegar, sugar and peanuts to the mixture.
Stir everything up with tongs and then top with green onions.