

Asian Noodles

The Cooks Next Door

8 ounces of dried Asian noodles
1 bunch broccoli
1/2-3/4 c. sliced carrots
5 green onions, chopped
1/2 tsp. dried ginger or 2 tsp. fresh grated ginger
3 garlic cloves, minced
2 tablespoons oil
2 chicken breasts, cut into strips
1 to 1 1/2 tablespoons soy sauce
juice of 1/2 lemon
pinch of chili flakes (more if you like it spicy)
salt and pepper to taste

Cook the noodles according to the directions on their package. Drain and keep warm until ready to toss into stir-fry mix.

Wash and chop vegetables (leave broccoli in small-medium florets and peel and cut stem) and cut chicken into chunks.

Heat a large skillet or wok over medium high heat, add 2 tablespoons oil and chicken. Stir-fry it for a few minutes until golden, then move the chicken onto a plate.

Put the garlic, ginger, and vegetables EXCEPT green onions, in the frying pan with a little more oil. Stir-fry them for 5-6 minutes, turning them all the time. Add the chicken, green onions, and drained noodles. Mix everything together.

Blend the soy sauce and lemon juice together, then pour over chow mein mixture. Salt and pepper to taste. Cook for 2 more minutes to heat through. Enjoy!