

Pancit (Rice Stick Noodles with Chicken & Vegetables)

by Kendra Rich

Recipe from Glenda Gaviola

8 servings · 390 cal/serving

18g protein · 58g carbs · 9g fat

filipino

noodles

dinner

chicken

Ingredients

- 1 package rice sticks (excellent brand)-16 oz
- 1 package canton noodle (ufc brand)-8 oz --optional
- 2-3 pcs chicken thigh or drumstick
- 1 small green cabbage (shredded in 1/2 inch pieces)
- 2-3 medium carrots (either shredded or chopped thinly crosswise)
- 1 small onion (finely chopped)
- 2 clove garlic, minced
- 1/2 pound shrimp (shelled & deveined) --optional
- 5 cup soup stock (buy the cans or may use the stock from the chicken)
- 1-2 tablespoon canola oil
- 10 tablespoon dark soy sauce
- 1 teaspoon black pepper
- 1 teaspoon salt
- lemon wedges (optional garnish)
- chopped scallions (optional garnish)
- red pepper (optional garnish)

Steps

1. Boil chicken in 10 cups of water to make the stock. Once cooked, shred the chicken meat into thin strips. Discard the bones & set the stock aside.
2. Heat a large wok/pan to medium-high heat. Add canola oil. Stir fry the garlic & onions until the onions turn clear. Be careful not to burn the garlic.
3. Add the shredded chicken pieces & shrimp (if using). Once the shrimp turns pink, add cabbage & carrots. Lightly stir fry 2-3 mins. Pour the mixture onto a bowl & set aside.
4. Pour the chicken stock into the heated wok/pan. Once it starts boiling, turn the heat down to medium. Add rice sticks, soy sauce. Boil for another 5 mins or so until there is approximately 1/4 cup stock left or noodles is soft.

5. Add the Canton noodles (if using) & wait until it softens & add water if needed.
6. Add the meat mixture back into the wok/pan. Lightly stir fry until all the liquid has evaporated. Add pepper & salt to taste.
7. Garnish with red pepper, chopped scallions & lemon wedges.
8. Notes: Be careful when stock is drying up as the noodles would stick to the pan/wok. Keep tossing the noodles to keep them from sticking. Even though most Asian recipes would tell you to soak the noodles in warm water, boiling the noodles in the stock infuses a more intense flavor & keeps the noodles moist. As with any recipe, adjust according to your taste. I like mine with a healthy portion of veggies that a slight crunch to them. For softer veggies, cook a little bit longer once everything is mixed in the wok/pan.