

Zucchini Bread Recipes

Sticky Garlic Chicken Noodles – High Protein Quick Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, sliced into strips
- [ ] 250 g egg noodles
- [ ] 3 tbsp vegetable oil
- [ ] 4 garlic cloves, minced
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp honey
- [ ] 1 tsp rice vinegar
- [ ] 1 tsp sesame oil
- [ ] 2 green onions, sliced

Optional Add-ins

- [ ] ½ cup sliced bell pepper
- [ ] ¼ cup shredded carrots
- [ ] Red pepper flakes to taste

Instructions

1. Bring a pot of salted water to a boil, cook the egg noodles until al dente, then drain and set aside.
2. Heat 2 tbsp oil in a large skillet over medium-high heat. Add the chicken strips, season lightly, and sear until golden and cooked through, about 5-6 minutes. Transfer to a plate.
3. In the same skillet, add the remaining oil and minced garlic. Sauté until fragrant, then stir in soy sauce, honey, and rice vinegar. Let the mixture simmer for 1-2 minutes until it becomes a sticky glaze.
4. Return the chicken to the pan, add the cooked noodles, and toss everything together until the noodles are evenly coated. Drizzle with sesame oil and sprinkle green onions before serving.

Nutrition per serving

420 kcal	32 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of water to loosen it.
- Taste and adjust the sweetness or saltiness before the final toss.
- For extra aroma, finish with a few toasted sesame seeds.