

THAI STIR-FRIED NOODLES WITH CHICKEN

F EASY

Last Modified: 01/12/2016

PREP: 1 Hr 30 Min
COOK: 30 Min
STIR-FRY

ASIAN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Boneless Skinless Chicken Breasts	Thin Sliced
OR			
1	Pound	Boneless Country Style Spareribs	Thin Sliced
OR			
1	Pound	Flank Steak	Thin Sliced
1	8 Oz	Package Dried Rice Noodles	
OR			
1	Recipe:	Asian - HoFun Rice Noodles	
2	Tsp	Vegetable Oil	
1	Bunch	Broccolini (ANY Fresh Green Veggie)	Chopped
3	Cloves	Garlic	Sliced
3	Large	Eggs	
8	Tsp	Vegetable Oil	Divided

TENDERIZER

1	Cup	Water	
1	Tsp	Baking Soda	

OYSTER SAUCE

1/4	Cup	Oyster Sauce (Lee Kum Kee Premium)	
1 2/3	Tbsp	Soy Sauce (Lee Kum Kee)	
2	Tbsp	Dark Brown Sugar	Packed
1	Tbsp	Distilled White Vinegar (Heinz)	
1	Tsp	Golden Molasses (Mother Hubbard's)	
1	Tsp	Fish Sauce (Three Crabs)	

PREPARATION

OPTION	This recipe (Pad See Ew) works equally well using Pork, Chicken or Beef and even Seafood if you are careful to NOT overcook any Seafoods chosen..
CAUTION	If substituting Seafood(s) for the Ribs, Chicken or Steak, skip the 20 Minutes Before Prep because the Baking Soda Brine will make ANY Seafood extremely tough.
TOOLS	1) 2 - Medium Mixing Bowls 2) Large Non-Stick Skillet & Lid 3) Fine Wire Strainer 4) Serving Platter
PREP	DISH 1) Slice the Broccolini on a bias. Since the stems are tougher than the tops; slice the tops into two to three 1" long pieces and slice the tougher stems (leaves and all) into 1/2" long pieces and set them aside.

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PREP	<p>NOODLES: 1) Make 1 Recipe of fresh HoFun Rice Noodles, but instead, slicing them into 1/4 inch wide Noodles to take the place of the 1/2 inch wide ones called for in the Recipe. If you bought a package of dried Rice Noodles instead, place 8 ounces in a large bowl, pour 6 cups of boiling water on top, stir and let set for 8 minutes (mix once halfway through to prevent them sticking together). Rinse the Noodles to remove the starch and place in a fine wire strainer so most of the water is drained off (the dryer they are the better) and place in a bowl. Add 2 teaspoons of Vegetable Oil and stir carefully so the Noodles are all coated with the Oil to prevent sticking and set them aside</p>
PREP	<p>20 Minutes Before: 1)Thoroughly mix the Water and Baking Soda in a medium mixing bowl. Slice the Meat thinly across the grain. Cut it into pieces roughly 1/4 inch thick and sliced lengthwise into roughly 1 inch long pieces and place in the bowl. Stir to cover all of the Meat with the Tenderizer Mixture and set it aside for 15 to 20 minutes.</p>
1	<p>OYSTER SAUCE: In a small mixing bowl, whisk the Oyster Sauce ingredients together until mixed well and set it aside.</p>
2	<p>In a large non-stick skillet over high heat, add 2 teaspoons of Vegetable Oil and heat it until shimmering. Add in the Sliced Garlic and toast while stirring until it becomes a nice golden brown - be careful that it doesn't burn.</p>
3	<p>Add in the Meat all at once, Add in 2 tablespoons of Oyster Sauce. Toss the Meat to mix with the sauce and spread out into a single even layer. Cook for 1 to 2 minutes until nicely browned (do NOT stir). Turn the Meat and cook the other side until nicely browned. Shift the cooked Meat to one side of the pan. Add in another 2 teaspoons of Vegetable Oil to the empty part of the pan, Add in the 3 Eggs and stir to create custard-like scrambled Eggs with white/yellow streaks. Break up the Eggs into small curds and mix well into the Meat. Remove from the skillet and set it aside.</p>
4	<p>Add in another 2 teaspoons of Vegetable Oil and heat until smoking, Add in the Broccolini, 2 more tablespoons of the Oyster Sauce and stir to mix well. Spread the mixture evenly over the bottom of the skillet. Cover the skillet and cook for 2 minutes, stirring once after 1 minute. Uncover and cook for another 2 minutes and the Broccolini has taken on a dark green color. Add it to the Meat mixture bowl and set it aside.</p>
5	<p>Add in another 2 teaspoons of Vegetable Oil and heat until smoking, Add in 1/2 of the Noodles, another 2 tablespoons of Oyster Sauce. Toss to coat and cook for 1 minute, stir and cook for another minute. Add it to the Meat / Broccolini mixture and set it aside.</p>
6	<p>Add in another 2 teaspoons of Vegetable Oil and heat until smoking, Add in the remaining 1/2 of the Noodles, another 2 tablespoons of Oyster Sauce. Toss to coat and cook for 1 minute, stir and cook for another minute. Add in the Meat, Broccolini and Noodle mixture on top (stir once) and cook for an additional 2 minutes.</p>
SERVE	<p>Place it on a serving platter with the mixture from the bottom of the skillet on top. Serve while hot.</p>