

ASIAN CHICKEN BIG BOWL

F EASY

Last Modified: 01/16/2016

PREP: 10 Min
COOK: 20 Min
STOVETOP

SOUP-ASIAN

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Chicken Breasts (Boneless / Skinless)	1" Cubes
OR			
2	Pounds	Rotisserie Chicken	Shredded
2	Tbsp	Vegetable Oil	Divided
8	Cloves	Garlic	Minced
4	Tbsp	Fresh Ginger (Peeled)	Minced
1	Tsp	Ground Cumin	
1	Tbsp	Red Curry Paste (Thai Kitchen)	
1	Quart	Chicken Stock (Swanson)	
2	Cups	Carrots (Peeled)	Shredded
2	Cups	Broccoli Florets (Small)	
1	14 Oz	Can Unsweetened Coconut Milk (Thai Kitchen)	
1	Cup	Red Bell Pepper (Seeded)	Strips
3	3 Oz	Packages Chicken Flavor Ramen Noodles	
2	Cups	Fresh Pea Pods (Strings Removed)	Halved
1	Cup	Fresh Bean Sprouts	
2	Tbsp	Soy Sauce (Lee Kum Kee)	
4	Tsp	Lime Juice	
1	Cup	Fresh Basil Leaves	Fine Shred
1/2	Cup	Fresh Coriander Leaves (Cilantro)	Snipped

PREPARATION

FACTOID	Combining for an Asian & Middle Eastern inspiration, this is quick, easy, economical, colorful and very festive. This dish makes a great main course.
CAUTION	Cooking the Vegetables in excess of 3 hours WILL cause them to be MUSHY!
CAUTION	Cook the chosen Vegetables to the texture you like, BUT - Never ever never overcook this Soup after the Ramen Noodles are added. - The Noodles will break down into a nasty mush - Still tasty, but not authentic. You want FIRM Noodles to slurp.
TOOLS	1) Dutch Oven & Lid 2) 6 - Large Asian Soup Bowls
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Cut the Chicken Breasts into 1" cubes and set them aside. 2) Mince the Garlic Cloves and set them aside. 3) Peel & mince the Ginger and add it on top of the Garlic. 4) Shred the Carrots and set them aside. 5) Seed the Pepper, slice it into thin strips and set it aside. 6) Remove the strings from the Pea Pods, angle cut them in half and set them aside. 7) Finely shred the Basil Leaves and set them aside. 8) Coarsely snip the Cilantro Leaves and add them on top of the Basil.
OPTION	To save time, you may alternately use an unflavored Shredded Rotisserie Chicken.

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1	In a dutch oven over medium high heat, heat 1 tablespoon of the Oil until it just shimmers. Add in the Chicken and cook while stirring until no longer pink, about 3 to 4 minutes. Remove the Chicken and set it aside.
2	Add the remaining tablespoon of Oil and as soon as it shimmers, add in the Garlic, Ginger, Curry Paste, and Cumin; cook and stir for 30 seconds. Stir in the Chicken Stock, Coconut Milk, Carrots, Broccoli, Red Pepper, and Noodle Seasoning Packets. Bring it to a boil, reduce the heat to low and simmer, while covered, for 3 minutes.
3	Stir in the cooked Chicken, Pea Pods, Bean Sprouts, Soy Sauce, and Lime Juice and cook until the Pea Pods are tender, about 5 minutes.. Just before serving, add in the Noodle Blocks and stir until completely separated and cooked. stir in the Basil and Cilantro.
SERVE	Ladle into large Asian soup bowls and serve while hot.