

ALMOND CHICKEN STIR-FRY

This flavorful stir-fry tastes even more authentic when served over a pan-fried noodle cake.

CHICKEN

- 1 egg white
- 1 tbsp (15 mL) cornstarch
- 1 seasoning packet from 1 pkg (3 oz or 85 g) chicken-flavored ramen noodles
- 1 lb (500 g) chicken tenders
- 1 tbsp (15 mL) vegetable oil

STIR-FRY

- 1 tbsp (15 mL) grated fresh gingerroot
- 2 garlic cloves, pressed
- 1/4 cup (50 mL) slivered almonds, divided

- 1 tbsp (15 mL) cornstarch
- 1 1/2 cups (375 mL) chicken broth
- 8 oz (250 g) snow peas
- 1 can (about 15 oz or 398 g) baby corn, drained
- 1 can (8 oz or 199 mL) water chestnuts, drained
- 1/2 tsp (2 mL) coarsely ground black pepper

Pan-Fried Noodle Cake (see Chef's Corner)

1. For chicken, lightly whisk egg white in **Classic Batter Bowl**. Add cornstarch and seasoning packet; whisk well. Slice chicken tenders on the bias into 1/2-in. (1-cm) pieces. Toss chicken with egg white mixture; set aside.
2. For stir-fry, grate gingerroot into **Prep Bowl** using **Microplane® Adjustable Grater**; add pressed garlic and set aside. Place almonds into **Stir-Fry Skillet**; cook and stir over medium-high heat 3-4 minutes or until toasted. Remove almonds from Skillet and set aside.
3. Prepare *Pan-Fried Noodle Cake* (see Chef's Corner). As noodle cake cooks, stir-fry chicken. Add oil to same Stir-Fry Skillet; heat over medium-high heat 1-3 minutes or until shimmering. Add coated chicken pieces to Skillet. Cook and stir 4-6 minutes or until centers of chicken are no longer pink. Remove from Skillet and keep warm.
4. To finish stir-fry, whisk together cornstarch and broth in **Small Batter Bowl**; add to Skillet. Bring to a simmer, stirring frequently. Add gingerroot and garlic to Skillet; heat until fragrant, stirring constantly. Add vegetables and chicken to Skillet; simmer 1-2 minutes or until heated through. Stir in half of the toasted almonds. Serve stir-fry over noodle cake; sprinkle with remaining almonds and black pepper.

Yield: 4 servings

Light • U.S. Nutrients per serving (including noodle cake): Calories 540, Total Fat 17 g, Saturated Fat 4.5 g, Cholesterol 65 mg, Carbohydrate 63 g, Protein 39 g, Sodium 1190 mg, Fiber 8 g

U.S. Diabetic exchanges per serving (including noodle cake): 4 starch, 3 medium-fat meat (4 carb)



CHEF'S CORNER

Pan-Fried Noodle Cake: Place 2 cups (500 mL) water into **Large Micro-Cooker®**. Microwave on HIGH 2-3 minutes or until boiling; add 2 pkg (3 oz or 85 g each) chicken-flavored ramen noodles. Microwave on HIGH 3 minutes or until softened; drain. Lightly spray (10-in./25-cm) **Sauté Pan** with vegetable oil; heat over medium-high heat 1-3 minutes or until hot. Combine noodles with 1 tbsp (15 mL) oil and 1 seasoning packet from ramen noodles. Add noodles to pan; gently press to form a cake. Cook 3-4 minutes on each side or until golden brown. Cut into wedges.

Slicing chicken tenders on a bias and coating them with egg white and cornstarch gives them a tender, velvety texture.

28 minutes