

Rice Noodles With Stir-Fried Chicken, Turnips and Carrots

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7 ounces rice stick noodles
½ cup chicken or vegetable broth
1 Tbsp soy sauce
1 Tbsp rice wine or dry sherry
1 Tbsp minced garlic
1 Tbsp minced ginger
¼ – ½ tsp red pepper flakes
2 Tbsp peanut or canola oil
1 pound chicken breasts, cut across the grain into ¼ “ slices
¾ pound carrots, cut into 2-inch-long julienne
¾ pound turnips, cut into 2-inch-long julienne
2 Tbsp sesame seeds
½ tsp sugar
¼ cup coarsely chopped cilantro (optional)
2 tsp sesame oil

- Place the noodles in a large bowl and cover with warm water. Soak for at least 20 minutes, until soft. Drain in a colander and cut into 6-inch lengths. Set aside.
- Combine the broth, soy sauce and rice wine or sherry in a small bowl.
- Heat a 14-inch flat-bottomed wok or a 12-inch skillet over high heat. Swirl in 1 Tbsp of the oil and add the chicken in a single layer. Season with salt and let sit for 1 minute without stirring, then stir-fry for another 2 to 3 minutes, until opaque. Scoop out chicken and set aside.
- Swirl the remaining oil into the wok or pan and add the garlic, ginger and chili flakes.
- Stir-fry no more than 10 seconds and add the carrots, turnips and sesame seeds.
- Stir-fry for 1 minute and add the broth mixture, the chicken with any liquid that has gathered, the salt and the sugar, and stir-fry for 1 minute.
- Add the noodles, reduce the heat to medium-high and stir-fry 1 to 2 minutes, until the vegetables are crisp-tender.
- Add the cilantro and sesame oil, remove from the heat and serve.



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