

Pan Cit with Chicken

Description: My sister Jodi told me about Pan Cit noodles so I thought I would give it a try; especially since my family love Chinese foods. I also make this with shrimp. Yum!

Ingredients:

1. 2 breasts of chicken, thawed.
2. 2 cans chicken broth.
3. 3 carrots
4. 2 celery stalks
5. 1 small bok choy (optional)
6. Fish oil to taste. Or Chinese hot oil.
7. 2 tlbs. Peanut oil for frying.

Directions:

Cut chicken diagonally into small slivers. Either brown in skillet with a little peanut oil Or steam chicken in boiling water. I've done both but when I steam the chicken I add it last. Stir fry vegetables and set aside. Bring broth to boil and add Pan Cit Noodles, then turn pan to simmer or off until noodles are soft. Remove noodles from pan and add to stir-fry. Mix all ingredients together and add broth as needed to your taste. Fish oil adds to the flavor.

Number of servings: 2-4 serving

Preparation time: 30 minutes