

Nam Thai Chi Chicken and Noodles

By: Barbi Morell

Ingredients:

1 ½ lbs boneless, skinless chicken breast thawed and cut into ½ diagonal strips
1 Tsp. each vegetable oil, salt, pepper and garlic powder to season the chicken
3-4 green onions (scallions)
1 large red bell pepper
¼ cup chopped basil and parsley (in ribbons)
1 ½ lbs of Fettuccini or Chinese noodles

Sauce:

½ cup light brown sugar, packed
½ cup Teriyaki sauce
3 Tbs. Aji-Mirin Sweet Cooking Rice Seasoning
3 Tbs. low sodium Soy Sauce
2 Tbs. vegetable oil
½ cup orange marmalade
1 Tbs. chopped garlic
¾ tsp. Chinese Five Spices
1 ½ Tbs. cornstarch
¼ cup water
2 cups or 2-11 oz. apricot nectar

Prep Time:

Chicken/Veggie prep 20 minutes
Sauce prep/cooking time 30 minutes
Pasta cook time 12 minutes
Total Prep Time: Approx. 1 hour and 15 minutes

Servings: 5

Method:

Sauté seasoned chicken strips in 1 Tbs. of the oil until just a hint of pink remains. Chicken will finish cooking while resting at end of recipe. Do not crowd the pan, or chicken will braise, rather than sauté. Remove from pan and set aside in large bowl.

Combine all sauce ingredients in saucepan, except apricot nectar and cook over medium heat. Bring to a boil. Add apricot nectar. Dissolve cornstarch in cold water and continue cooking on a high simmer until slightly thickened and reduced by one-third. Stir occasionally and do not let “boil over”.

Cut the scallions diagonally in ½” slices, reserving several green stems, and cut them in 2” strips, as thin as possible for garnishing. Cut the red pepper in 2” long, ¼” wide strips, reserving some of the strips to use, along with the scallions strips for garnishing. Put all reserved garnishing strips in cold water and refrigerate to crisp. Add red peppers strips to

same pan and cook until tender. Add scallions and cook for a few minutes then remove pan from heat and add to sautéed chicken strips.

Prepare the fettuccini per package directions and cook until al dente. Return chicken strips to sauté pan, along with strips of red peppers and scallion strips and heat thoroughly. Add cooked pasta to pan and combine along with simmering pan sauce. Toss with basil and parsley ribbons. Garnish with reserved scallion and pepper strips.