



Sesame Soy Chicken Noodles Recipe

Preparation Time	10
Cooking Time	23
Serving Size	4

Ingredients:

- 2 Tbsp oil
- 1 Tbsp garlic, minced
- 350 g chicken, thigh fillet, cut into cubes
- 3/4 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 2 Tbsp vinegar
- 2 Tbsp sesame oil
- 2 pcs siling labuyo, minced
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water
- 1 pack DEL MONTE Spaghetti (175g), cooked
- 3 Tbsp peanuts, roasted
- 4 stalks green onions, cut into 2 inches long

Preparation:

1. Sauté the garlic in oil. Add the chicken and saute until browned. Mix in DEL MONTE Quick n Easy BBQ Marinade and vinegar. Boil then simmer for 3 minutes.
2. Add the sesame oil and siling labuyo. Add the cornstarch mixture and simmer until thick.
3. Toss in the cooked spaghetti. Top with peanuts and green onions.

Chef's Tip

Fry the chicken fillet in batches to make sure they brown properly. Overcrowding the pan causes it to cool down, making the chicken release its juices, resulting in dry meat.

Lusog Notes

This dish is high in protein needed for the growth, development, and repair of body tissues. It also has niacin that helps break down nutrients in the body.

Cooking Skills Needed

- Boiling
- Simmering
- Sautéing

Cooking Tools

- Chopping Board
 - Measuring Cups
 - Spatula
 - Colander
 - Measuring Spoon
 - Pot
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