

# Sesame Garlic Ramen Stir-Fry

Need a quick and easy weeknight meal? Look no further than this one pan noodle dish made with quick-cooking instant ramen noodles, tender chicken, and crisp snow peas in a savory sesame garlic sauce.

Prep Time	Cook Time	Total Time
15 mins	10 mins	25 mins



5 from 6 votes

Course: Main Dish    Cuisine: Asian

Keyword: Chicken Recipe, easy dinner, noodles

Servings: 2 servings    Calories: 299kcal    Author: Jess Smith via Inquiring Chef

Cost: \$5.50

## Equipment

- Wok
- Saucepan

## Ingredients

### Sauce:

- 3 cloves Garlic, chopped
- 1/4 cup Low-Sodium Soy Sauce
- 1/4 cup Water
- 1 Tbsp Rice Vinegar
- 1 Tbsp packed Brown Sugar
- 2 tsp Toasted Sesame Oil

### Stir-Fry:

- 2 (3-oz) packages Instant Ramen Noodles (discard flavor packets)
- 2 Tbsp Cooking Oil, divided (like avocado, grape seed, vegetable, or peanut oil)
- 8 oz Boneless, Skinless Chicken Breast, chopped
- 8 oz Snow Peas (sub snap peas, broccoli florets, or cubed zucchini)
- 2 tsp Cornstarch
- 1 Tbsp White Sesame Seeds (optional)

## Instructions

1. Heat a bowl or pot of water in the microwave or on the stovetop until simmering. Remove from heat and stir in noodles. Set it aside to let the noodles soften (this should take about 5 minutes).
2. While noodles soften, make sauce by whisking together garlic, soy sauce, 1/4 cup water, rice vinegar, brown sugar, and toasted sesame oil. Set aside.
3. Toss chicken with some salt and black pepper (about 1/2 tsp salt and 1/4 tsp black pepper).

4. Return to noodles and check to see if they are tender. (Continue soaking in warm water if not yet tender.) Drain ramen noodles and set aside.
5. Heat 1 Tbsp cooking oil in a wok over medium-high heat. Add chicken and saute until chicken is cooked through, 4 minutes. Set chicken aside and return wok to medium-high heat.
6. Add 1 Tbsp cooking oil to heated wok and then snow peas. Saute until snow peas turn bright green, 1 minutes. Push the snow peas off to the side of the wok to make space in the middle. Pour sauce in the middle of the wok and bring to a simmer.
7. Stir cornstarch into 1 Tbsp water to make a "slurry". Add slurry to sauce, stirring to combine. Continue cooking sauce until it thickens, 2 minutes more.
8. Remove wok from heat and stir in ramen noodles and chicken. Toss everything to combine.
9. Top with sesame seeds.
10. Serve immediately.

## Notes

This recipe uses those super inexpensive packages of Instant Ramen noodles. Be sure to toss the seasoning packet included in the noodles - you won't need anything to top the noodles but the flavorful from-scratch sauce included in the recipe. The snow peas can be easily swapped out for any vegetable of choice - I love this combination of flavors with snap peas, broccoli florets, or cubed zucchini. Want a vegetarian version? Use tofu instead of chicken.

## Nutrition

Serving: 1g | Calories: 299kcal | Carbohydrates: 22g | Protein: 30g | Fat: 10g | Saturated Fat: 2g | Cholesterol: 73mg | Sodium: 1224mg | Potassium: 741mg | Fiber: 4g | Sugar: 11g | Vitamin A: 1267IU | Vitamin C: 71mg | Calcium: 107mg | Iron: 4mg