

Hawaiian Chicken Noodle Bowls

#cooking/recipe

#cooking/slow cooker#

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Ingredients

FOR THE CHICKEN

16 oz boneless, skinless chicken breast (4 small or 3 medium)

1/2 cup pineapple juice*

2 tablespoons ketchup

1/2 teaspoon fresh ginger, grated

1 teaspoon garlic, minced

2 tablespoons low sodium soy sauce

1 tablespoon honey

pinch of salt

FOR THE PINEAPPLE STIR FRY

1 tablespoon oil

2 large sweet peppers, diced

2 cups chopped kale, packed

1 tablespoon pineapple juice

1 tablespoon low sodium soy sauce

1 tablespoon chili sauce

1/2 tablespoon honey

1 tablespoon minced garlic

THE REST

2 cups rice noodles

1 cup fresh pineapple

Process

Place chicken in a crock-pot on high for 1.5 to 2 hours. Remove and use 2 forks to shred.

Soak rice noodles in a bowl for time specified on box.

Make sauce by mixing together the rest of the ingredients. Add sauce to chicken and mix.

Place 1 tablespoon of coconut oil in a sauce pan and heat on medium/high heat. Add in

sweet peppers and sauté until tender. Then, add in kale and sauté for a few more minutes.

In a small bowl, mix together the rest of the ingredients (the sauce!) and then add into stir fry.

Nutrition

Servings: 4 bowls

Calories: 342cal

Fat: 7g

Carbs: 69g

Protein: 29g