

— HALF - BAKED —
H A R V E S T

Better Than Takeout Thai Drunken Noodles

Quick-cooking, gluten-free rice noodles tossed in a sweet and spicy Thai sauce with lean chicken, zucchini, garden fresh bell peppers, carrots, and summer basil.

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Calories: 426kcal Author: Tieghan Gerard



4.21 from 1378 votes

Ingredients

- 8 ounces wide rice noodles
- 1/3 cup low sodium soy sauce or liquid aminos
- 3 tablespoons oyster sauce
- 1 tablespoon Thai fish sauce
- 2 teaspoons honey or maple
- 2 tablespoons sesame oil or extra virgin olive oil
- 1/2 pound boneless chicken breast, cut into strips (optional)
- 2 shallots, thinly sliced
- 3 cloves garlic, minced or grated
- 1-2 red Fresno peppers or jalapeño peppers, seeded and chopped
- 4 green onions, chopped
- 1 medium zucchini, cut into ribbons or chopped
- 1 red bell pepper, thinly sliced
- 2 carrots, cut into ribbons or chopped
- 1 cup fresh Thai basil or regular basil, roughly chopped

Instructions

1. Cook the rice noodles according to package directions. Drain.
2. Combine the soy sauce, oyster sauce, fish sauce, honey, and 1/3 cup water in a bowl.
3. Heat the oil in a large skillet over medium heat. When the oil shimmers, add the chicken, if using. Season with black pepper and brown all over. Add the shallots, garlic, Fresno peppers, and green onions. Cook another 2-3 minutes, until the shallots are soft and the garlic is fragrant. Add the zucchini and bell peppers, cook another 5 minutes, until the vegetables have softened. Pour in the sauce and bring to a boil over medium-high heat and cook until the sauce coats the chicken, about 5 minutes.
4. Stir in the noodles, carrots, and basil. Toss to combine, cooking another 3-5 minutes until the sauce coats the noodles. Serve the noodles warm, topped with additional basil. Enjoy!

Nutrition

Calories: 426kcal