

Thai Noodles with Chicken

Recipe from the California Culinary Academy

Servings: 8



For a spicier salad, increase the amount of hot pepper flakes. Asian sesame oil, made from toasted sesame seeds, contributes a characteristic flavor to the salad. Sesame oil and the Chinese dried egg noodles are available at Asian markets and well-stocked supermarkets.

Ingredients

1 pound Chinese dried egg noodles or linguine
4 cooked chicken breast halves
cilantro sprigs and mint leaves, for garnish

-----Sesame-Soy Dressing-----

$\frac{3}{4}$ cup soy sauce
 $\frac{3}{4}$ cup chicken stock or water
 $\frac{1}{2}$ cup coarsely chopped peanuts
 $\frac{1}{4}$ cup smooth peanut butter
 $\frac{1}{4}$ cup firmly packed brown sugar
 $\frac{1}{4}$ cup white wine vinegar
 $\frac{1}{4}$ cup Asian sesame oil
2 tablespoons vegetable oil
1 $\frac{1}{2}$ cups minced fresh mint
 $\frac{1}{2}$ cup minced cilantro
2 cloves garlic, minced
2 cups shredded carrots
4 green onions, minced
1 teaspoon hot-pepper flakes

Cooking Method

In a large saucepan, bring 4 quarts water to a boil.

1. Add noodles, stir to separate, and reduce heat to medium.
2. Cook noodles until tender but still firm (about 18 minutes).
3. Remove from heat and drain.

While noodles are cooking, prepare the dressing.

1. Toss warm noodles with dressing to coat thoroughly.
2. Tear each chicken breast half into 8 or 10 medium-sized pieces; add to noodles.
3. Stir to coat chicken with dressing and to mix with noodles.
4. Garnish with cilantro sprigs, mint leaves, and chopped pecans, and serve.

Sesame-Soy Dressing: In a large bowl, thoroughly combine all ingredients.