

Plate Dream

Sticky Garlic Chicken Noodles: High Protein Quick Dinner

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cut into 1-inch pieces
- [ ] 8 oz egg noodles
- [ ] 3 tbsp vegetable oil
- [ ] 4 garlic cloves, minced
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp rice vinegar
- [ ] 1 tbsp honey
- [ ] 1 tsp sesame oil
- [ ] 2 scallions, sliced

Optional Add-ins

- [ ] ½ cup snap peas
- [ ] ¼ cup shredded carrots

Instructions

1. Heat the oil in a large skillet over medium-high heat; add the chicken and sear until golden, about 4-5 minutes.
2. Add the minced garlic and stir for 30 seconds until fragrant; pour in soy sauce, rice vinegar, and honey, letting the mixture simmer and thicken.
3. Meanwhile, cook the noodles according to package directions, then drain and add them to the skillet; toss to coat evenly with the sticky glaze.
4. Finish with a drizzle of sesame oil, sprinkle sliced scallions, and serve hot.
5. If desired, stir in optional snap peas or carrots for extra crunch.

Nutrition per serving

420 kcal	32 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the sauce before adding noodles; adjust salt or sweetness as needed.
- Reserve a splash of noodle cooking water to loosen the glaze if it becomes too thick.
- For extra depth, add a pinch of ginger with the garlic.