

# Chicken and Broccoli Ramen Stir-Fry

Makes 4 Servings

## Ingredients

- 2 (3-ounce) packs chicken flavored ramen noodles (keep 1 seasoning packet)
- 1 tablespoon vegetable oil or olive oil
- 2 chicken breasts, boneless, skinless, cut into 1-inch pieces
- 4 cups fresh or frozen broccoli pieces
- 1 large red bell pepper, or green bell pepper, sliced
- 1 tablespoon soy sauce

## Directions

1. In a large pot of boiling water, cook ramen noodles for about 3 minutes as pack directs. Keep 1/4 cup cooking liquid. Drain.
2. Heat oil in large pan over medium-high heat. Add chicken and cook, stirring often until golden-brown and fully cooked, about 5 to 7 minutes.
3. Stir in broccoli and bell peppers and cook, stirring often until vegetables are just a little soft, about 4 to 5 minutes. Add seasoning packet, saved cooking liquid and soy sauce. Cook until sauce is reduced (less), about 2 to 3 minutes. Serve and enjoy.



Recipe from: Feeding Pennsylvania and PA Eats