

CHICKEN SOBA LO MEIN



INGREDIENTS:

- 3 oz dry soba noodles
- 6 oz cooked chicken
- 1 cup sliced mushrooms
- 1 cup broccoli slaw or shaved cabbage
- 1 cup snap peas
- 2 green onions
- 1 tbsp sesame oil
- 2 tbsp store bought teriyaki sauce
- 1 tbsp liquid aminos

DIRECTIONS:

1. Cook soba noodles as directed on package
2. Once cooked separate into 3 equal servings
3. On a large wok, heat sesame oil. Once hot cook green onions over medium heat.
4. Once green onions start to brown add mushrooms, broccoli slaw, snap peas, 1 tbsp teriyaki sauce, and liquid aminos. Cook for ~5 minutes or until desired tenderness.
5. Split veggies into 3 servings over the soba noodles and mix. Add 2 oz of cooked chicken to each serving. Add additional tbsp of teriyaki sauce over the prepared meals.

Enjoy!

Makes 3 Servings

Calories: 282 | Protein: 25 g | Carb: 30 g | Fat: 8 g | Fiber: 3 g