

Asian Ginger Chicken with Rice Noodles

POINTS® value per serving | 7

Servings | 2

Light Meals | Make-Ahead Directions: Rub chicken as directed in Step 1. Cover and chill for up to 24 hours. Prepare as directed in Steps 2 through 5.

Ingredients

2 Tbsp chopped green onions or scallions
1 1/2 tsp grated fresh ginger root
3 cloves of garlic - minced
2 tsp olive oil (divided)
1/8 tsp table salt
8 oz uncooked boneless, skinless chicken breast
2 oz dry rice noodles
1 cup shredded carrots
1/2 tsp freshly grated lime zest
1 Tbsp fresh lime juice
1-2 Tbsp snipped cilantro

Instructions

Directions

1. For rub, in a small bowl, combine green onion, ginger, garlic, the 1 teaspoon of oil, and the salt. Sprinkle evenly over chicken; rub in with your fingers.
2. Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until tender and no longer pink (170 degree F), turning once. Thinly slice chicken diagonally; set aside.
3. Meanwhile, in a large saucepan, cook rice noodles and carrot in a large amount of boiling water for 3 to 4 minutes or just until noodles are tender; drain. Rinse with cold water; drain again. Use kitchen scissors to snip noodles into short lengths. In a medium bowl, stir together lime peel, lime juice, and the other 1 teaspoon of oil. Add noodle mixture and cilantro; toss gently to coat.
4. Divide noodle mixture between two individual bowls; arrange chicken slices on noodle mixture. Serve immediately. Makes 2 servings.