

Meals with Teal #13

AJ and Sadie!

Menu:

Pancit with pulled chicken

Bonus:

Flan

Recipes:

Pancit with pulled chicken:

1 package rice noodles

2 tablespoons cooking oil

3 cloves garlic, minced

1 onion, sliced

1 c shredded carrots

1 red bell pepper, thinly sliced

1 cup green beans, sliced diagonally

1 cup cabbage, shredded

2 chicken breasts, cooked and shredded

3 tablespoons gluten-free soy sauce

1 tablespoon fish sauce or oyster sauce (optional)

1 cup chicken or vegetable broth

Salt and pepper to taste

Sliced green onions and lemon wedges for garnish (optional)

Prepare the Ingredients:

*Soak the rice noodles in hot water according to package instructions until softened. Drain and set aside.

*Prepare all the vegetables by washing, peeling, and slicing them accordingly.

*Cook the chicken breast by boiling it in water until fully cooked. Shred the chicken and set aside.

*Stir-Fry the Aromatics:

Heat the cooking oil in a large pan or wok over medium heat.

Add the minced garlic and sliced onion. Sauté until fragrant and translucent.

*Add the Vegetables and Protein:

Add the julienned carrot, sliced bell pepper, green beans, and shredded cabbage to the pan. Stir-fry for a few minutes until the vegetables are slightly softened but still crisp.

*Add the cooked shredded chicken to the pan and mix well with the vegetables.

*Season the Dish:

Pour the gluten-free soy sauce, fish or oyster sauce (if using), over the mixture in the pan. Stir well to coat the ingredients evenly.

*Season with salt and pepper to taste, adjusting the flavors according to your preference.

*Add the Noodles and Broth:

Gently toss the softened rice noodles into the pan with the vegetable and protein mixture.

Pour the chicken or vegetable broth over the noodles to prevent them from sticking together and to infuse flavor into the dish. Stir-fry for a few more minutes until the noodles are heated through and well-coated with the sauce.

*Serve:

Transfer the Pancit to a serving platter.

Garnish with sliced green onions and serve hot with lemon wedges on the side for squeezing over the noodles.

Bonus:

Leche Flan

Ingredients

1 can condensed milk

1 can evaporated milk

6 egg yolks

$\frac{3}{4}$ c sugar

Boiling water

*Pre-heat oven to 350F

*Heat a saucepan in stovetop. Add the sugar (and small amount of water). Continue to cook until it starts to melt. Adjust the heat to low and cook while gradually stirring until sugar turns into caramel.

*Pour the caramel into the llanera (or whatever mold or bread/cake pan you are using). Let the caramel cool down. Set aside.

*Beat the egg yolks in a mixing bowl.

*Gradually add the condensed milk and evaporated milk while beating.

*Pour the mixture into the mold with caramel. Cover the mold with aluminum foil.

*Arrange the covered mold in a roasting tray.

*Pour boiling water into the roasting tray until the water level reaches 1 to 1 $\frac{1}{2}$ inches.

*Bake the leche flan for 50 minutes. Remove from the oven. Let it cool down and transfer to a serving plate.

Meals with Teal Video #13:

<https://www.youtube.com/watch?v=eMG7UmskkbQ>

Meals with Teal Bonus Video #13

<https://www.youtube.com/watch?v=CcdTRvGucmc>

All Meals with Teal done so far:

<https://gwdocs.com/specialties/breast-surgery>

Grocery List from Safeway:

Condiments, Spice & Bake

Signature SELECT Extract Pure Vanilla - 1 Fl. Oz. \$3.29

Signature SELECT Milk Condensed Sweetened Can - 14 Oz \$2.50

Signature SELECT Granulated Fine Sugar - 32 Oz \$3.29

Signature SELECT Tamari Soy Sauce - 10 Fl. Oz. \$2.99

Canned Goods & Soups

O Organics Organic Broth Vegetable - 32 Oz \$2.69

A Taste of Thai Rice Noodles Linguine - 16 Oz \$6.49

Lucerne Farms Eggs Large - 12 Count (Packaging may vary) \$3.41

Fruits & Vegetables

Lemon Large \$0.59

Green Cabbage \$2.58

Green Onions 1 Bunch \$1.50

Spice World Garlic Minced - 4.5 Oz \$2.99

Yellow Sweet Onion \$1.34

Red Bell Pepper \$2.49

Signature SELECT/FARMS Carrots Shredded - 10 Oz \$1.50

Signature SELECT/FARMS Green Beans - 12 Oz \$2.99


Meat & Seafood

Boneless Skinless Chicken Breast Multi Meal Deal - 1.25 Lb \$6.24

Estimated amount: \$48.34

Safeway gift card provided: \$50

Nutritional Information:

Title	Pancit With Pulled Chicken
Servings	6
Nutrition Facts (per 1 Serving)	
Calories	387
Total Fat	8.3 g
Saturated	0.9 g
Trans	0 g
Polyunsaturated	1.2 g
Monounsaturated	4.9 g
Cholesterol	49.6 mg
Sodium	7,543.4 mg
Total Carbohydrates	45.8 g
Dietary Fiber	3.5 g
Sugar	4.9 g
Added Sugars	0 g
Sugar Alcohols	0 g
Net Carbs	
Protein	34.9 g
Vitamin D	0 %
Calcium	3.7 %
Iron	4.8 %
Potassium	457.3 mg
Vitamin A	225.4 %
Vitamin C	82.4 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.