

Glass Noodles with Thai Basil



This is a very tasty dish, it is gluten free since the glass noodles are made of sweet potato starch. In this dish I added some slice chicken, shitake mushrooms, bok choy and lots of Thai basil. This dish has a touch of sweet and spiciness. It is delicious, and you have it all in one dish! It seems more complicated that really it is...I like to cook all the ingredients by steps since different ingredients require different time of cooking, once they are cooked you just need to put them together. The good thing is that you just need a big wok pan.

Ingredients:

1 large chicken breast, thinly sliced
4 to 5 garlic cloves, finely minced
 $\frac{1}{2}$ tablespoon soy sauce

1 tablespoon olive oil
Salt and pepper to taste

6-7 dry shiitake mushrooms

2-3 carrots, sliced

$\frac{1}{2}$ onion sliced

$\frac{1}{2}$ bunch bok choy, cut in approximately 1 in

1 tablespoon olive oil

Soy sauce to taste

$\frac{1}{2}$ teaspoon sugar

Salt and pepper to taste

$\frac{1}{2}$ teaspoon chili oil

$\frac{1}{2}$ tablespoon sesame oil

Thai basil to taste

Glass noodle





Method:

Marinate the chicken with the garlic, soy sauce, olive oil, salt and pepper. Leave in the refrigerator for approximately $\frac{1}{2}$ hour to 1 hour.

Soak the dry shiitake mushrooms in $\frac{1}{3}$ cup warm water. When soft, squeeze the water and slice. Keep the water for later use.

Cook the glass noodle in boiling water for 5 to 6 minutes or until it turn transparent and soft. Drain the water in a colander and run cold water through. Set aside.

In a wok, sauté the chicken in high heat, making sure that is cooked throughout. Remove from the heat and set aside. In the same pan add the carrot and 1 to 2 tablespoons of water, cook until the carrots are slightly soft. Remove and add to the chicken.

Add olive oil to the pan and the sliced onion and shiitake mushroom, sauté until slightly golden brown, remove and add to the chicken and carrot bowl.

Now add the bok choy to the pan and sauté for a couple of minutes and again remove it by placing together with the chicken, carrot and mushroom bowl.

Place in the wok the water where the mushrooms were soaked, the soy sauce and the sugar. Once starts to boil toss in the glass noddle, and mix gently until the noodle is evenly coated with the sauce. Add the mixture of chicken and vegetables to the noodle. Mix gently. Add the chili oil, sesame oil and the Thai basil. Toss gently and remove from the heat. Serve hot.





Did you know that there are many varieties of glass noodles in Asian cuisine? These noodles can be made from yam, mung bean, sweet potato, yucca starch.

Thank you for stopping by Simple Recipes and have a great week!