Sweet & Spicy Chicken
with an Asian Noodle Salad

Cooking time: 30–35 minutes

Designed, tested, and approved by Chef Lora Sendik

Let's Make a Meal™ is a restaurant-quality meal that you can make at home. Instead of hunting for a recipe, making a shopping list, and buying a whole jar or bottle when you only need a little, we included exactly what you'll need to create a meal for two. So grab a glass of wine and start cooking!

Ingredients

- 4 oz udon noodles
- 1 head bok choy
- 1 small red bell pepper
- 2 Tbsp canola and olive oil blend
- 2 Tbsp rice wine vinegar
- ½ tsp sriracha
- Kosher salt to taste
- ½ cup sweet chili sauce
- 2 Tbsp ketchup
- 1 Tbsp ginger
- 2 (5 oz) boneless, skinless chicken breasts
- 1 carrot
- ¼ cup fresh cilantro

Equipment Needed

- grill or indoor grill pan
- saucepan
- cutting board
- vegetable peeler
- colander
- medium bowl
- large bowl
- whisk
Once the water is boiling, add the udon noodles. Cook for 8–12 minutes, or until tender. Add the bok choy for the last minute of cooking. Drain the noodles and bok choy and run under cold water to chill. Transfer to a large bowl. Add the red bell pepper slices and carrot ribbons. In a small bowl, whisk together the oil, vinegar, and sriracha. Add the sauce with the noodle mixture and toss to incorporate.

If using a grill, heat over medium high heat. If using an indoor grill pan or skillet, wait until step 4. Set a saucepan of water over high heat and bring to a boil. Meanwhile, slice the bok choy into strips. Thinly slice the bell pepper and grate the ginger. Using a vegetable peeler, peel the entire carrot to create ribbons. Pluck the cilantro leaves from the stems.

In a medium bowl, whisk together the ketchup, sweet chili sauce, and ginger.

If using an indoor grill pan, place it over medium high heat. If using a grill, it should already be pre-heated from step 1. Season the chicken breasts with salt and black pepper. Grill the chicken approximately 4–5 minutes per side. Brush the sauce onto each side of the chicken during the last 2 minutes of cooking. Remove the chicken from the grill and allow to rest for 5 minutes.

Brush the chicken with remaining sauce. Slice it on the bias. Transfer the noodle salad to 2 plates and top with the sliced chicken. Garnish with the cilantro leaves.

Show us your finished dish! Post a photo on social media, tag Standard Market (@StandardMarket), and use the hashtag #letsmakeameal.