



Apple Ramen Plate

If you like a good noodle bowl...you'll like this noodle plate recipe! Poached chicken, loads of veggies and applesauce is the not too secret ingredient in this flavorful and surprisingly delightful combination. With just a little bit of "fuss" you can whip up this meal quickly because most of the produce is pre-bagged in the grocery. Fresh ginger brings just the amount of zip you like to this noodle salad.

Ingredients for chicken & noodle sauce

- 1/3 cup unsweetened apple sauce (if you wish you can use the individually packaged 4 oz. cup)
- 1/4 cup ketchup
- 2 teaspoons lime juice
- 1 tablespoon ginger root grated (not packed just placed in spoon and divided)
- 1 tablespoon chia gel
- 1 large clove garlic minced

Ingredients for dressing the salad veggies:

- 2 tablespoons applesauce (or remains of the 4 oz. cup)
- 1/4 to 1/2 tablespoon ginger (remaining half from sauce) or less if you are not a heat seeker
- 1 teaspoon agave or honey
- 1 tablespoon chia gel
- 2 tablespoons apple vinegar

Ingredients:

Remaining ingredients:

- 1 large breast divided horizontally and cut into pieces
- 1 hand full of bagged broccoli with carrot slaw
- 1 hand full of broccoli florets
- 1/2 of a large cucumber peeled, de-seeded and cut into chunks
- 1 small green apple not peeled and cut into slices
- 2 ramen noodle packages
- 1/4 apple vinegar

Prepare the noodle sauce in a small cup. Next, prepare the salad dressing in a small cup. Add the chicken bites and the 1/4 cup apple vinegar to poach in a large lidded skillet for about 5 minutes or until done. Begin preparation of the veggies and place into a bowl while the chicken is poaching. Start boiling the water for the ramen noodles. While the package is not open, break the noodles into quarters. Open the package and remove the MSG loaded flavor packet.

While the chicken is cooking, prepare the remaining veggies and apple, so it won't turn brown. Once the chicken has cooked, pour off the remaining vinegar from the skillet. On lower heat, add the sauce to warm and coat. Cook the ramen noodles 3 minutes and drain. Remove some chicken bites from the skillet to decorate the top of your salad. Add the ramen to the skillet. Stir to coat. Remove skillet from heat. Finish any veggie prep and pour in the dressing. Stir to coat. Assemble your plate by placing the noodles/chicken on the bottom, and then the veggies. Place a few "décor" chicken pieces on top! Yum.