

Shrimp and Chicken Stir-Fry with Rice Noodles



PREP TIME : 15 MIN

COOK TIME : 10 MIN

SERVES : 2

Ingredients :

- **2 tsp (10 mL) vegetable oil**
- **4 oz (125 g) skinless boneless chicken breast, cut into 1-inch (2.5 cm) cubes**
- **6 cups (1.5 L) broccoli florets**
- **1 small onion, thinly sliced**
- **4 oz (125 g) peeled medium-size shrimp, thawed**
- **1 pouch (160 mL) VH® General Tao Stir-Fry Sauce**
- **1/2 cup (125 mL) frozen peas**
- **4 oz (125 g) rice noodles**
- **2 thinly sliced green onions**

Directions :

- 1. Heat oil in deep skillet or wok set over medium-high heat; sauté chicken, broccoli and onion for about 4 minutes or until chicken is browned. Add shrimp and cook for about 2 minutes or until opaque.**
- 2. Stir in VH® General Tao Stir-Fry Sauce and peas; cook, stirring, for about 2 minutes or until heated through.**
- 3. Meanwhile, cook rice noodles according to package directions. Spoon stir-fry over rice noodles and sprinkle with green onions.**