

# PANCIT

## INGREDIENTS:

- 8 ounces brown rice instant vermicelli noodles (or other thin brown rice noodles)
- 1 ½ tablespoons avocado oil, divided
- 1 pound boneless and skinless chicken thighs
- 4 garlic cloves, minced
- 1 mild onion, thinly sliced
- 2 cups shredded cabbage
- ½ cup sliced carrots
- 1 ½ tablespoons reduced-sodium tamari
- ½ tablespoon fish sauce
- ½ tablespoon oyster sauce
- ¼ cup water
- 1 cup green onions, sliced



## DIRECTIONS:

1. Soak noodles according to package directions.
2. Heat a large pan or skillet over medium heat and add 1/2 tablespoon oil. When hot, add chicken thighs. Cook for 5 minutes, then flip and cook on other side for 5 minutes, until lightly browned. Remove from pan and set aside.
3. Add another 1 tablespoon oil to the pan, followed by garlic and onion. Cook for 5 minutes, stirring frequently, until the onions become translucent. Let cool for at least 5 minutes and then chop into bite-sized pieces.
4. Add the cabbage and carrots, stir, and cook until wilted, 3–4 minutes. Add the chicken pieces and stir to combine, then remove from the pan and set aside.
5. Reduce heat to medium. Add tamari, fish sauce, oyster sauce, and water. Bring to a simmer and add the vegetable and chicken mixture along with the noodles, tossing to combine. Cook over medium heat for 5 minutes or until most of the liquid is gone.
6. Remove from heat, stir in green onions, and serve immediately.

35 MINUTES | SERVES 4

### Nutrition Facts

486 calories | 16g fat | 3g saturated fat | 594mg sodium  
| 53g carbohydrate | 3g fiber | 3g sugar | 34g protein