

Serves 4 • Serving size: 2½ cups

28  
minutesPREP: 10 minutes  
COOK: 8 minutes

## Ginger-sesame CHICKEN with rice noodles

2 cups chicken stock  
2 tbsp. corn starch  
1 tsp. five-spice powder  
4 slices fresh gingerroot  
¼ tsp. coarse kosher salt + additional, to taste  
4 (4-oz./115 g) boneless, skinless chicken breasts,  
cut into ½"/1.25 cm pieces  
4 cups frozen Asian style vegetable blend  
½ lb./225 g dried rice noodles  
2 green onions, thinly sliced  
1 cup loosely packed cilantro, chopped  
2 tbsp. sesame seeds

1. In the base of the Quick Shake® Container, combine chicken stock, corn starch, five-spice powder, gingerroot and salt; shake until well combined.
2. Place chicken in the TupperWave® Stack Cooker 3-Qt./3 L Casserole and place noodles on top of chicken. Pour sauce from Quick Shake® over noodles and chicken.
3. In the Stack Cooker colander, add vegetables and sprinkle with salt to taste.
4. Place cover on Stack Cooker and microwave on high power 8 minutes, or until chicken reaches an internal temperature of 160° F/70° C.
5. Remove from microwave and let stand 5 minutes.
6. Remove cover. Transfer chicken, noodles and vegetables to large bowl and toss to coat, serve warm.
7. Garnish with green onion, cilantro and sesame seeds.

### Nutritional Information (per serving):

Calories: 380 Total Fat: 4.5g Saturated Fat: 0g Cholesterol: 20mg  
Carbohydrate: 70g Sugar: 5g Fiber: 4g Protein: 14g Sodium: 450mg  
Vitamin A: 10% Vitamin C: 90% Calcium: 20% Iron: 35%

TO DEMO



TupperWave® Stack Cooker  
3-Qt./3 L Casserole

OPTIONAL



Quick Shake®  
Container



Measuring  
Cups



Measuring  
Spoons

