



### Ingredients:

- 2 tablespoons sesame oil and vegetable oil
- 6 cloves garlic,
- 2 teaspoons fresh ginger
- 1 cup bell pepper
- 1 bag fresh or frozen stir fry vegetables
- ½ cup mushrooms of your choice
- 1 bunch green onion
- ½ pound boneless skinless chicken breast
- ½ pound peeled and deveined shrimp
- ¼ teaspoon Hoisin sauce
- ¼ teaspoon reduced sodium soy sauce
- ¼ teaspoon chili garlic sauce
- ¼ teaspoon crushed red pepper flakes (optional)
- 1 package rice noodles

### Directions:

1. Start by adding rice noodles to warm water until pliable and drain off all water, set aside for later.
2. **Prep the proteins:** partially freeze chicken to make cutting into 1 inch cubes easier. Shell, de-vein and rinse shrimp thoroughly and set both aside.
3. Add both vegetable and sesame oil to wok or sauté pan on medium- high to high. Dredge protein in flour or corn starch for a better sear and thicker sauce (optional). Fry protein till partially cooked about 3-4 minutes (shrimp and chicken should be fully opaque) and remove from pan.
4. Add remainder of vegetable and sesame oil and add all veggies. Fry for about 2-3 minutes then add garlic, ginger and sauce (fry longer if you do not prefer crisp veggies).
5. Add protein back to the pan tossing every few seconds to combine.
6. Add rice noodle and toss to coat. Serve with diced green onion and extra chili sauce or flake.

### Nutrition Info:

Serving Size: 1 (302 g), Servings Per Recipe: 4, Calories 918.1, Calories from Fat 282, Total Fat 31.4 g, Saturated Fat 5.8 g, Cholesterol 275.3 mg, Sodium 1663.2 mg, Total Carbohydrate 95.2 g Dietary Fiber 6.8 g, Sugars 4.6 g, Protein 62.2 g