



## Chicky Pad Thai



1/2 of recipe, about 2 1/2 cup: 285 calories, 4g total fat (0.5g sat fat), 625mg sodium, 32g carbs, 9g fiber, 13g sugars, 34g protein

**Blue Plan (Freestyle™) SmartPoints®** value 2\*

**Prep:** 15 minutes    **Cook:** 15 minutes



### Ingredients

2 packages House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute  
2 tbsp. ketchup  
2 tbsp. lime juice  
1 tbsp. sugar-free apricot preserves  
2 tsp. crushed dry-roasted peanuts  
2 tsp. brown sugar (not packed)  
1 tsp. lite/low-sodium soy sauce  
1/4 tsp. chopped garlic  
1/4 tsp. crushed red pepper, or more to taste  
1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)  
6 oz. raw boneless skinless lean chicken breast, cut into bite-sized pieces  
Dash each salt and black pepper  
2 cups chopped broccoli  
1 1/2 cups bean sprouts  
3/4 cup 1-inch scallion pieces  
Optional topping: chopped cilantro

### Directions

Use a strainer to drain and rinse shirataki noodles well. Pat dry. In a large microwave-safe bowl, microwave for 1 minute. Drain excess liquid. Dry as thoroughly as possible, using paper towels. Cut noodles up a bit and set aside.

To make the sauce, in a small bowl, combine ketchup, lime juice, preserves, peanuts, brown sugar, soy sauce, garlic, and crushed red pepper. Stir thoroughly and set aside.

Spray a wok or large skillet with nonstick spray and bring to medium-high heat on the stove. Add egg substitute and scramble until fully cooked, about 2 minutes. Transfer to a bowl and set aside.

Remove wok/skillet from heat (if needed, clean it once cooled), re-spray, and return to medium-high heat. Add chicken and season with salt and black pepper. Add broccoli, bean sprouts, scallion pieces, and 2 tablespoons water. Stirring occasionally, cook until chicken is no longer pink and broccoli is tender, about 4 minutes.

Add sauce, stir to evenly distribute, and continue to cook for about 2 minutes, until sauce is hot. Add scrambled egg substitute and noodles, mix well, and continue to cook until hot, about 3 minutes.

If you like, season to taste with additional crushed red pepper and/or top with cilantro. Serve and enjoy!

**MAKES 2 SERVINGS**

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.

