

Foodnity Recipes

Sticky Garlic Chicken Noodles – Easy Weeknight Dinner

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, sliced into thin strips
- [ ] 8 oz egg noodles
- [ ] 2 tbsp vegetable oil
- [ ] 4 cloves garlic, minced
- [ ] 2 tbsp honey
- [ ] 3 tbsp soy sauce
- [ ] 1 tsp sesame oil
- [ ] 1/2 tsp red pepper flakes
- [ ] 2 green onions, sliced
- [ ] 1 tbsp toasted sesame seeds

For the Sauce

- [ ] 1/4 cup chicken broth
- [ ] 1 tbsp rice vinegar (optional)
- [ ] 1 tsp cornstarch mixed with 1 tbsp water (optional, for thickening)

Instructions

1. Heat the vegetable oil in a large skillet over medium-high heat. Add the chicken strips, season lightly with salt and pepper, and sear until golden brown, about 4–5 minutes. Remove and set aside.
2. In the same pan, add the minced garlic and red pepper flakes; sauté for 30 seconds until fragrant, being careful not to burn.
3. Stir in the honey, soy sauce, chicken broth, and optional rice vinegar. Bring to a gentle simmer, then return the chicken to the pan and toss to coat.
4. Meanwhile, cook the egg noodles according to package directions until al dente. Drain and add them to the skillet, tossing everything together until the noodles are well-coated and the sauce glazes the bowl.
5. Finish with a drizzle of sesame oil, sprinkle green onions and toasted sesame seeds. Serve immediately, perhaps alongside a fresh salad.

Nutrition per serving

420 kcal	30 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks thin, stir in the cornstarch slurry and cook for another minute.
- Adjust the amount of red pepper flakes to suit your heat preference.
- For a richer flavor, add a splash of the crockpot honey garlic chicken broth.