

Grilled Chicken & Beef with Seasoned Rice and Stir-Fried Noodles

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TIME
45 min

TEMP
165°F

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INGREDIENTS

For the Grilled Chicken:

1 lb chicken breast, cut into chunks

1 tbsp soy sauce

1 tbsp olive oil

$\frac{1}{2}$ tsp garlic powder

$\frac{1}{2}$ tsp paprika

Salt and pepper, to taste

For the Grilled Beef:

1 lb sirloin beef, cut into cubes

2 tbsp soy sauce

1 tbsp oyster sauce

1 tbsp honey

$\frac{1}{2}$ tsp black pepper

1 tsp sesame oil

For the Seasoned Rice:

1 cup jasmine rice

2 cups chicken broth

$\frac{1}{2}$ tsp turmeric

... cup diced red and green bell peppers

1 tbsp butter

Salt, to taste

For the Stir-Fried Noodles:

6 oz cooked egg noodles

1 tbsp sesame oil

1 tsp garlic, minced

1/2 cup shredded carrots

1/2 cup sliced cabbage

DIRECTIONS

1. Prepare the Chicken: In a bowl, toss chicken chunks with:
2. Soy sauce
3. Olive oil
4. Garlic powder
5. Paprika
6. Salt and pepper
7. Let marinate for 15-20 minutes if time allows. Grill over medium heat, turning occasionally, until golden and fully cooked (internal temp: 165°F).
8. Prepare the Beef: In another bowl, mix:
9. Oyster sauce
10. Honey
11. Sesame oil
12. Black pepper
13. Add beef cubes and marinate for 20 minutes. Grill over medium-high heat until browned and caramelized, about 2-3 minutes per side.
14. Make the Seasoned Rice: In a saucepan, add:
15. Jasmine rice
16. Chicken broth
17. Turmeric
18. Butter
19. Diced bell peppers
20. Salt
21. Bring to a boil, reduce heat, cover, and simmer until rice is tender (about 15 minutes). Fluff with a fork before serving.

22. Stir-Fry the Noodles: Heat sesame oil in a pan over medium-high heat. Add minced garlic, sauté for 30 seconds. Add carrots and cabbage, stir-fry for 2-3 minutes. Toss in cooked noodles and soy sauce. Stir until coated and heated through.

SWAPS & NOTES

Use chicken thighs for juicier grilled chicken.

Add ginger or chili flakes to the marinades for extra heat.

Substitute basmati rice if jasmine isn't available.

Try ramen or soba noodles in place of egg noodles. ???
Instructions 1.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/grilled-chicken-beef-with-seasoned-rice-and-stir-fried-noodles/>