

Fresh & Flavorful Grilled Chicken with Salad and Noodles Bowl

Grilled Chicken with Salad and Noodles



TIME
6 min

TEMP
165°F

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INGREDIENTS

2 boneless skinless chicken breasts
1 tbsp olive oil
¼ tsp salt
¼ tsp pepper
1 tsp mixed dried herbs (thyme, oregano, or Italian blend)
6 oz Asian-style noodles (yakisoba, soba, or spaghetti)
1 tbsp sesame oil or vegetable oil
1 tbsp soy sauce
¼ cup sliced red bell peppers
¼ cup sliced carrots
... cup green peas
... cup sliced red onions
2 cups chopped romaine or mixed greens
¼ cucumber, thinly sliced
1 carrot, shredded or ribboned
1 cup cherry tomatoes, halved
Dressing of choice: sesame ginger or a light vinaigrette

DIRECTIONS

1. Prep the : Chicken:Pat chicken breasts dry. Rub with olive oil, salt, pepper, and dried herbs.
2. Grill the : Chicken:Grill over medium-high heat for 5-6 minutes per side or until internal temperature hits 165°F. Rest for 5 minutes, then slice thinly.
3. Cook the : Noodles:Boil noodles according to package instructions. Drain and set aside.
4. Stir-: Fry the Veggies:In a large skillet, heat sesame oil over medium heat. Add red bell pepper, carrots, onions, and peas. Cook for 3-4 minutes until just tender.
5. Toss : Noodles with Sauce:Add cooked noodles to the skillet with soy sauce. Toss everything to combine and warm through. Remove from heat.
6. Assemble the : Salad:In a large bowl or plate, arrange salad mix, cucumbers, tomatoes, and carrots. Drizzle with your dressing of choice.
7. Build the : Bowl:In a wide bowl, add a scoop of noodles to one side, salad to the other, and sliced grilled chicken right in the center or on top. Garnish with sesame seeds or sliced scallions if desired.

SWAPS & NOTES

Noodles: Swap yakisoba with soba, udon, rice noodles, or even whole wheat spaghetti.

Veggies: Use what you have-zucchini, snap peas, bean sprouts,

or cabbage would all be fantastic.

Protein: Grilled tofu, shrimp, or salmon work beautifully in place of chicken.

Dressing: Go for a sesame-based dressing or homemade vinaigrette

with lime juice, soy sauce, and a little honey.

TIPS FOR SUCCESS

Slice chicken thinly after it rests for maximum tenderness.

Don't overcook the noodles - a little bite (al dente) keeps the texture perfect when tossed with veggies.

Let the noodles and veggies cool and serve everything cold with chilled chicken slices.

Double the batch and keep components separate for easy lunch prep all week.

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

Original recipe: <https://chefmaniac.com/fresh-flavorful-grilled-chicken-with-salad-and-noodles-bowl/>