



Microwave Chicken Broccoli Ramen Stir Fry

Microwave Meal - Family Friendly

High Protein

Ingredients

Servings: 4

Prep Time: 5 minutes

Cook Time: 10 minutes

- 2 packs (3 oz.) **chicken flavored ramen noodles** (keep 1 seasoning packet)
- 1 Tbsp. **oil**
- 2 packets or cans of **ready-to-eat chicken**, about 1.5 cups
- 1/4 tsp. **garlic powder**
- 1/4 tsp. **onion powder**
- 4 cups fresh or frozen **broccoli** pieces
- 1 cup chopped **vegetables** (pepper, mushrooms, zucchini, carrots)
- 1 Tbsp. **soy sauce**

Directions

1. Combine ramen and water using the package directions in a large microwave safe bowl. Microwave for 5-6 minutes until noodles are tender.
2. In a second microwave safe bowl add your vegetables and 1/2 cup water. Cover and microwave for 5 minutes. Drain liquid.
3. Combine ramen and vegetables. Add oil, chicken, spices, one seasoning packet, and soy sauce. Stir.
4. Microwave for 2 more minutes. Remove dish and stir.