

# Slow Cooker Asian Chicken with Chinese Long Beans and Veggie Ramen

## For Slow Cooker Asian Chicken:

- 🍴 4 boneless skinless chicken breasts
- 🍴 ¼ cup honey
- 🍴 ¼ cup A soy sauce
- 🍴 1 tablespoon chili garlic sauce
- 🍴 2 tablespoons sesame oil
- 🍴 5 cloves chopped garlic
- 🍴 1-2 inches fresh ginger root, finely chopped
- 🍴 1 tablespoon rice vinegar
- 🍴 2 cups chicken stock, plus more if needed
- 🍴 2 tablespoons black sesame seeds
- 🍴 thinly sliced Fresno chilis, optional garnish
- 🍴 4 thinly sliced scallions, for garnish
- 🍴 2-3 soft boiled eggs, halved

maroscooking

*making food look  
as good as it tastes*

## For Veggie Ramen:

- 🍴 4-6 packages favorite ramen brand (minus flavor packages)
- 🍴 5 cups Chinese long beans, cut in 3 inch segments
- 🍴 2 cups julienned carrots
- 🍴 4 cups sliced shiitake mushrooms
- 🍴 1 bunch thinly sliced scallions
- 🍴 3 cloves minced garlic
- 🍴 2 tablespoons minced fresh ginger
- 🍴 2 tablespoons sesame oil
- 🍴 1 tablespoon canola oil
- 🍴 2 tablespoons soy sauce

## Directions:

In a slow cooker, place chicken breasts and the 7 ingredients that follow in the pot, mixing to combine. Cook on low, turning occasionally for 6 to 8 hours or until chicken is fork tender and falling apart. When chicken is ready, remove from pot and shred with a fork or with your hands so it pulls apart and set aside and cover to keep warm. If your crockpot is able to go on the stove, move it to the range and on medium heat, add the 2 cups of chicken stock and bring to a simmer (otherwise transfer the liquid to a saucepan to simmer).

## For Veggies and Ramen:

In a wok or large saucepan, heat sesame oil and canola oil until just hot and add scallions ginger and garlic stirring frequently just until fragrant. Add carrots, beans and mushrooms and stir constantly for about 3 minutes to cook vegetables until tender but still vibrant in color and sauté to desired tenderness (I prefer mine to have a bit of crunch left). Bring cooking liquid to a boil and add ramen to the pot to cook according to package directions (about 3 minutes), adding more stock or water if necessary. Drain noodles, and mix in with vegetables.

## Assemble Dish:

Ladle desired amount of liquid in a bowl with a heaping portion of vegetables and ramen. Add a cup of shredded chicken on top, and a soft boiled egg. Garnish with fresh scallions, black sesame seeds and Fresno chili for more heat. Serve immediately and enjoy!