



**Features #2 Veggie Power Star Chinese Cabbage**  
**Food Trend: Philippines, Asian Noodles, Stir Fry**

**Shrimply Delicious Pronto Pancit**

3 to 4 cups quick cooked wide vegetarian Chinese noodles  
2 cups soaked vermicelli rice noodles  
3 Tablespoons cooking oil, divided  
1 large onion, peeled, sliced  
2 cups julienne sliced carrots  
2 cups sliced Chinese cabbage  
1/2 cup chopped sweet red peppers  
1 garlic clove, minced

**Pancit Sauce:**

3 Tablespoons cornstarch  
3 cups cold water  
3 Tablespoons soy sauce  
1-1/2 teaspoons fish sauce  
3/4 Tablespoon sesame oil  
1/2 teaspoon crushed red pepper  
Salt and black pepper as desired

1/4 cup cooked bacon bits  
3 cups cooked shredded chicken\*  
1 (4 oz.) can tiny shrimp, drained

1/4 cup chopped green onions

1 teaspoon sesame seeds

Garnish: Cilantro sprigs; fresh slices mango as desired

Prepare Chinese noodles and rice noodles according to package directions.

In a hot large stir fry skillet, add 2 Tablespoons oil. Stir fry onions and carrots for about 5 minutes until tender; remove to large bowl. Place remaining oil in skillet, sauté cabbage, red peppers, and garlic about 4 minutes or cabbage is softened. Remove to large bowl.

Stir cornstarch into cold water; place in skillet. Add soy sauce, fish sauce, sesame oil, and crushed red pepper; stir until sauce thickens. Season to taste with salt and black pepper. Remove 1/3 of sauce. Stir bacon bits and shredded chicken with remaining sauce to coat.

Place well drained Chinese noodles and rice noodles on serving platter, drizzle with half of reserved sauce. Top with shredded chicken mixture, half of tiny shrimp and vegetables; spoon remaining reserved sauce over pancit.

Sprinkle with chopped green onions, remaining tiny shrimp, and sesame seeds.

Garnish with cilantro sprig and fresh slices of mango fruit. Serves: 8

**Cook's Notes:**

\*Use purchased rotisserie cooked chicken; remove from bones. I save the bones to use when I am making stock.

**Preparation is very easy:** It's about 15 minutes for the noodles; 10 minutes to stir fry the vegetables; and 5 minutes for the sauce. Yes, it's a 30 minute recipe.

**For easy serving:** Mix all of the prepared ingredients, noodles, sauce, meat, and vegetables together. Garnish as desired.

**About the Recipe:** Serve this recipe using a layered look for company or just combine all the ingredients together for a stir-fry supper. It is so delicious and filled with vitamin rich Chinese cabbage, onions, and carrots. Quick and Easy and Oh – so delicious.

**Award Winning Recipe Inspired by:** Thanks to Erlinda Holz from Cebu in the Philippines For her winning recipe, she used Mama Sita's Shrimp Gravy Mix Palabok for her sauce.

**About the Philippines dish – Pancit**

Pancit is a Filipino noodle dish can be prepared in many ways. Many people consider this comfort dish to be the national dish of the Philippines, since it is so common in this tropical nation. Many people outside the Philippines think of pancit when asked to visualize the cuisine of the Philippines, and this noodle dish is often the first introduction

to the rich culinary tradition of this country, which has been influenced by both Asian and Spanish cooking traditions.

The name for the dish itself is believed to be derived from *pian i sit*, which means "something cooked conveniently and quickly."

For More Information See: <http://www.wisegeek.com/what-is-pancit.htm>