

# Lean & Green

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## VIETNAMESE CHICKEN PHO



**No. of servings:** 4

**Per serving:** 1 leaner | 3 green |  
1 healthy fat | 3 condiments

**Total Time:** 40 minutes

**Cuisine:** Vietnamese

**Contains:** Meat

### INGREDIENTS

565g boneless, skinless chicken breast  
1/2 tsp salt  
1/2 tsp ground black pepper  
750mL fat-free chicken broth  
750mL water  
3 peeled wosun (also known as lettuce stem) (~600g), cut, sliced, or "spiralized" into noodle-like strands (should yield 5.5 cups wosun "noodles")  
1 cup (105g) bean sprouts  
1/2 medium (55g) onion, thinly sliced  
2 tbsp sesame oil  
1/2 cup (8g) fresh coriander leaves  
1/2 cup (12g) fresh basil leaves  
2 (4g) fresh red hot chili peppers, cut in half, seeds and membranes removed  
1 medium (15g) scallion or spring onion, trimmed and finely chopped

### DIRECTIONS

1. Place the chicken breasts in the bottom of a large pot, and then season them with salt and pepper. Cover the chicken with water. Bring the water to a gentle boil. Once the liquid is boiling, reduce the heat and simmer for about 10 to 15 minutes until the chicken is well-cooked. Remove the chicken from water and let rest until cool enough to shred.
2. In a large pot, bring the chicken broth and water to boil. Add the wosun "noodles" and bring to boil again. Turn off the heat.
3. Place the "noodles" at the bottom of a bowl, and top with shredded chicken, bean sprouts and onion.
4. Add the broth and sesame oil. Garnish with coriander, basil, chili and scallion or spring onion.

**Tip:** Use an equal amount of shirataki noodles in place of the wosun "noodles" (celtuce). If your noodles have an unpleasant odor, you can boil them for 2-3 minutes after draining them.

**Per serving:** 280 calories, 36g protein, 9g carbohydrate, 11g fat



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