

Pancit Canton (Chicken, Vegetables and Noodles)



Makes:

12 servings

Utensil:

Saladmaster Food Processor
9 Qt./8.5 L Braiser Pan with Cover

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Recipe:

Contributed By:

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Recipe Description:

This favorite Filipino dish is made without water and without using oils, thus maintaining all of the food's many healthy nutrients. This is a crowd pleaser and it's perfect for the Saladmaster braiser pan, which is made for feeding crowds.

1/2 red bell pepper, julienned
3/4 cup
green beans
(83
g)
3 large
carrots, sliced, use Cone #4
1 head
cabbage, sliced, use Cone #4
1 stalk
celery, sliced, use Cone #4
3 tablespoons
soy sauce
(45
mL)
16 ounces
Canton noodles
(454
g)
1 cup
chicken broth
(240
mL)
lemon or kalamansi

Directions:

1. Preheat braiser pan over medium-high heat. When several drops of water sprinkled on the pan skitter and dissipate,

- place garlic and onion into pan. Stir until onion is clear, approximately 45 seconds.
2. Add chicken and allow to cook until the chicken is white, stirring occasionally, approximately 1 minute.
 3. Add soy sauce, celery, peppers, green beans and $\frac{1}{2}$ of the cabbage and carrots to the chicken mixture.
 4. Add noodles to top and push down into pan.
 5. Add chicken broth.
 6. Add final $\frac{1}{2}$ of cabbage and carrot mixture. Cover and cook until Vapo-Valve™ clicks. Reduce heat to medium-low and cook for approximately 20 minutes.
 7. Squeeze lemon or kalamansi over the top of the dish.

Nutritional Information per

▼ Serving

Calories: 229
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 60mg
Sodium: 281mg
Total 33g
Carbs:
Dietary Fiber: 3g
Sugar: 4g
Protein: 18g