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Prep Time 20min **Cook Time** 20min

by Anne Coleman

Just like every other parent, I need quick and delicious. Under 30 minutes is optimum, especially if you work outside the home or have kids in various extracurricular activities. Try this easy chicken recipe the next time you're in a bind to get dinner on the table quickly.

1 tablespoon oil-sesame or peanut oil

1 lb boneless skinless chicken breast, cut into thin slices

1 clove garlic, minced
2 tablespoons soy sauce or teriyaki sauce
2 teaspoons freshly grated ginger or 1 teaspoon powder
1 3-ounce package chicken flavor ramen noodle soup
1 1-lb bag frozen mixed oriental vegetables
1/4 cup water

1.

Heat oil in a large skillet over medium-high heat until hot. Add chicken and cook, stirring frequently, until no longer pink.

2.

Add vegetables and lid. Cook until vegetables are cooked through, about 5 minutes.

3.

In the meantime, cook the noodles (without the flavoring packet) according to package directions. Drain.

4.

Add soy sauce, garlic, ginger and seasoning packet to water. Mix well. Pour over chicken and vegetables, add noodles and toss to mix.