

Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 1 Pound Fresh Ramen Noodles
- 2 Scallions
- 1 Cucumber
- 1 Ear of Corn
- 1 Tomato
- 1/2 Pound Summer Beans

Knick Knacks

- 2 Tablespoons Sugar
- 2 Teaspoons Black & White Sesame Seeds
- 1 Tablespoon Sesame Oil
- 1/2 Cup Soy Sauce
- 1/4 Cup Rice Vinegar

Makes: 4 servings | Calories: about 510 per serving Prep Time: 15 minutes | Cook Time: 30–40 minutes



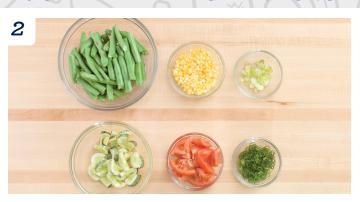
Cook the chicken:

Pat the **chicken** dry with paper towels; lightly season with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken; cook 2 to 3 minutes on the first side, or until lightly browned. Flip and add ½ **cup of water** to the pan. Cook 10 to 12 minutes, or until the chicken is cooked through and the water has cooked off. Transfer to a cutting board.



Blanch the beans:

Add the **beans** to the pot of boiling water. Cook 3 to 5 minutes, or until slightly softened. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Refill the pot with salted water and heat to boiling on high.



Prepare the ingredients:

While the chicken cooks, wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Halve the cucumber lengthwise; cut crosswise into ¼-inch-thick pieces. Place the cucumber in a bowl with ¼ of the vinegar; toss to coat and season with salt and pepper to taste. Snap off and discard the stem ends of the beans; cut in half on an angle. Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops. Core the tomato, quarter lengthwise, then cut crosswise into ½-inch-thick pieces. Remove and discard the corn husks and silks. Cut the corn kernels off the cob; discard the cob.



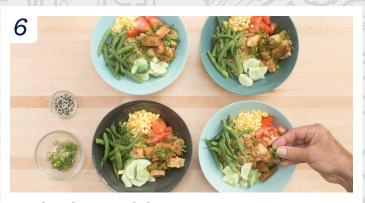
Dress the chicken & make the sauce:

When cool enough to handle, chop the **cooked chicken** into bite-sized pieces. In a medium bowl, combine the chopped chicken, **white bottoms of the scallions**, **half the soy sauce** and ½ **of the remaining vinegar**; toss to coat. Set aside. In a small bowl, combine the **sugar**, **sesame oil**, **remaining vinegar**, **remaining soy sauce** and 1½ **tablespoons of water**; stir until the sugar has dissolved.



Cook the noodles:

Add the **noodles** to the pot of boiling water, stirring gently to separate. Cook 2 to 3 minutes, or until tender. Drain thoroughly and rinse under cold water until the noodles are cool. Divide between 4 bowls.



Finish & plate your dish:

Season the **tomato** with salt and pepper. Divide the **sauce** between the bowls of **cooked noodles**; toss to coat. Top with the **dressed chicken** (including any remaining dressing), **blanched beans**, **corn**, **marinated cucumber** and seasoned tomato. Garnish with the **green tops of the scallions** and **sesame seeds**. Enjoy!