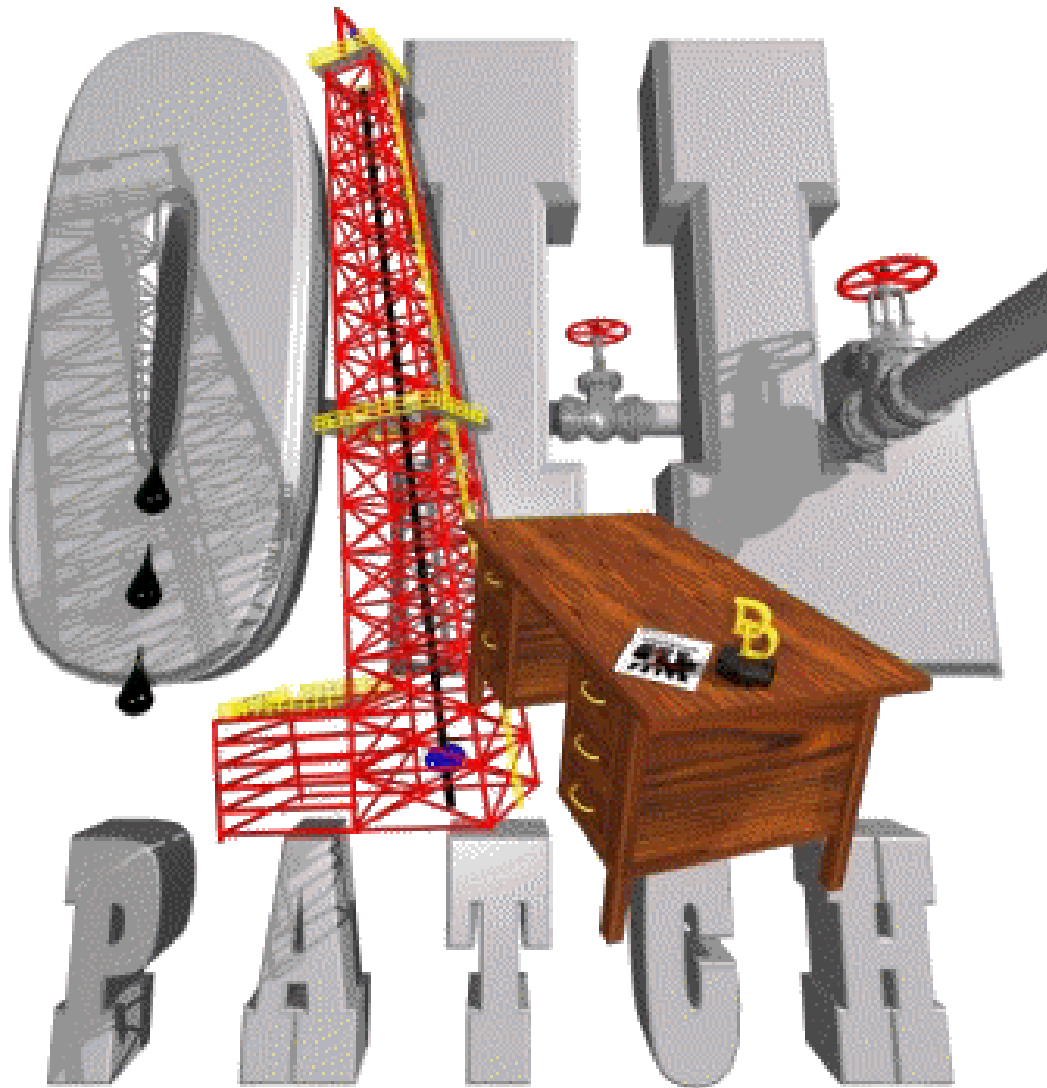


Westbank Oil Patch



A PUBLICATION OF THE DESK AND DERRICK CLUB OF THE WESTBANK
GRETN, LA—Volume 45, Issue 8

2021 Board of Directors

President: Judi Adams
Vice President: Angie Duplessis
Secretary: Theresa Adams
Treasurer: Debbie Brazeal
Director: Linda Belsome
Director: Bonnie Wall

2021 Committee Chairmen

Aimee: Bonnie Wall
Bulletin: Judi Adams
Bylaws: Evelyn McCurley-Ingram
Election: Pam Lauckner
Field Trip: Bonnie Wall
Finance: Linda Belsome
General Arrangements: Elaine Lesnak
Membership/Orientation: Susan Miller
Nominating: Judy Guillot
Program/IAN: Angie Duplessis
Scholarship: NA

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Cheryl LeBoeuf	August 2
Gaylen Guillory	August 11
Ben Waring	August 26
Judi Adams	August 28

2021	
BOARD MEETINGS	GENERAL MEETINGS
January 20	January 27
February 17	February 24
March 17	March 24
April 14*	April 28
May 19	May 26
June 16	June 23
August 18	August 25
September 15	September 29**
October 20	October 27
November 10+	November 17++
moved due to *scheduling conflicts and +Thanksgiving	moved due to **Convention and ++Thanksgiving
No meetings in July and December	

AUGUST

Appomattox—Oil Platform vs Super Typhoon (video)

See how a massive oil platform narrowly escapes the path of a super typhoon on its journey around the globe. This exciting voyage from South Korea to the Gulf of Mexico is no small feat with the Appomattox weighing more than an aircraft carrier.



Club President's Newsletter

Judi Adams
President

322 Bienville Dr
Gretna LA 70056
(504) 407-7443

dandd.judi@gmail.com

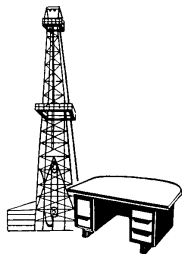
Angie Duplessis
Vice President

Theresa Adams
Secretary

Debbie Brazeal
Treasurer

Linda Belsome
Director

Bonnie Wall
Director



August 2021

Letter 8

Dear Westbank Members,

We've survived the heat and humidity of July but we still have more summer to enjoy – or suffer through if you hate the heat.

Angie pulled another successful White Elephant lunch gathering off on July 10th. We had quite a good showing of members and their family and guests. Lots of good food and fun as we did the gift exchange.

Now we face another major surge in COVID-19 cases. Louisiana is considered an area of high transmission. Governor John Bel Edwards and Parish President Cynthia Lee Sheng have issued mask mandates and we should stay informed on the latest CDC guidelines. Be Safe.

As you already know, BUNCO was postponed from August 7th. The KC Hall is holding October 23rd for the rescheduled event. I know everyone has worked very hard to get where we were less than a week away; however, health concerns over rising C-19 cases, especially on the Westbank, lead the Board to the decision to postpone and reschedule.

At this time, there are no plans to change the August membership meeting on the 25th. Boomtown has very good processes in place regarding social distancing and masking as well as hygiene.

There's still lots of work to do as we are less than two months away from 2021 ADDC Convention. We'll have numerous opportunities for our members to help with committees; this will help qualify each member for reimbursement of \$200 registration from the club.

School is starting back up and those school zone speed limits will soon be enforced by our local authorities (you know, the cops...).

I hope you and your family stay healthy and happy.

Regards,
Judi Adams

Hope
is the only
thing stronger
than fear

What's happening with the Westbank Club?

Secretary—Theresa Adams

The June meeting minutes were emailed to members; they will be reviewed and approved at the August meeting

Treasurer—Debbie Brazeal

The June and July Treasurer's report will be emailed and reviewed at this month's meeting.

General Arrangements—Elaine Lesnak, Chairman

Elaine will send out notice with menu for the meeting on August 25th.

Membership—Susan Miller, Chairman

The deadline to get new members and guests approved is August 18th. Contact Susan Miller. Any new members will pay \$70 dues.

Scholarship—Bonnie Wall

BUNCO on August 7th has been postponed. The hall is on hold for October 23rd. Members will be notified of any further changes due to COVID-19.

Social

We had a great turnout and a lot of good food and fun at the Gretna Depot. Depending on how things are in December, we are hoping to have another lunch then.

Community Service—Angie Duplessis

Susan is still collecting items for the residents of the St. Joseph Apartments; contact her if you have any donations.

Bonnie is coordinating Cards for Soldiers; Grace Bankston and Susan Miller can help out if you have cards ready or need more cards to sign.

ADDC Convention—Angie Duplessis

Lots of things are happening behind the scenes—registrations are coming in to ADO. So far 41 registrants (3 Westbank Club members) have sent in their forms. Angie is planning another visit to the hotel on the 10th to get more information about the room we're using for Hospitality.

REMINDER: We will review the proposed ADDC Bylaws and Standing Rules Amendments at the meeting. They will be emailed to members again prior to the meeting.

COMMUNITY SERVICE PROJECT

DESK AND DERRICK CLUB OF THE WESTBANK

Desk and Derrick Club of the Westbank will be collecting items for the residents at the St. Joseph Apartments in Gretna.

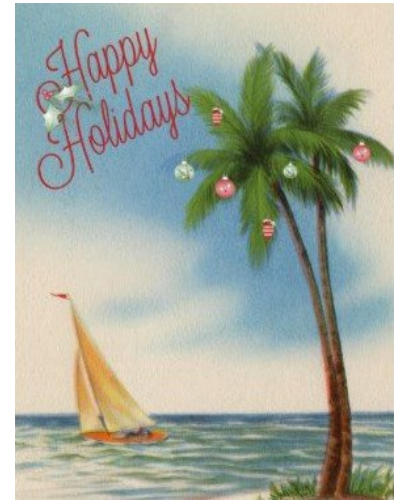
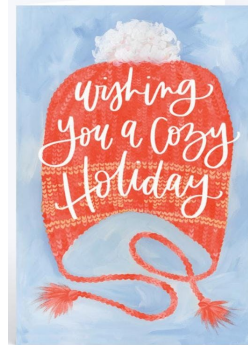
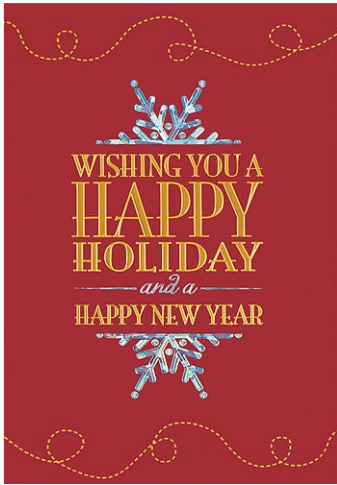
We can make a difference in the lives of these senior citizens with just a little donation of the following items:

Men's/Ladies' socks, books, combs, brushes, shower caps, tissues, travel soaps, shampoo, conditioners, pens, stationery, games, small food items, or any other items you think they may need.

The residents of the St. Joseph Apartments will appreciate it.



Susan Miller
smiller7451@yahoo.com
504.908.6131



2021 CARDS FOR SOLDIERS

DESK AND DERRICK CLUB OF THE WESTBANK

COMMUNITY SERVICE PROJECT

*SENDING THOUGHTS AND WISHES FOR HAPPY HOLIDAYS, SAFE AND QUICK
RETURN HOME, GOD'S BLESSINGS, AND THANKS FOR PROTECTING OUR
FREEDOMS*

We have set our goal of 2,021 cards for 2021!

CONTACT BONNIE R. WALL 504-362-3671 (H) 504-439-1650 (C) E MAIL seawall4@cox.net

Let Bonnie know if you need cards to sign; if you have some left from last year, sign them and drop them off at her house. Let's beat the goal!

White Elephant Brunch—July 10, 2021





Board of Directors

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GBC Minerals, Ltd

PRESIDENT ELECT
Philana Thompson
Merrion Oil & Gas Corp

SECRETARY
Connie Bass
New Tex Trucking

TREASURER
Barbara Pappas
Cobra Oil & Gas Corp.

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Sheryl Minear, RP
Silver Oil & Gas Inc.

CENTRAL REGION
DIRECTOR
Kay McKinley

NORTHEAST REGION
DIRECTOR
Cindy Krebs

SOUTHEAST REGION
DIRECTOR
Margie Steed

WEST REGION
DIRECTOR
Heather Woods
Souder, Miller & Assoc.

Margie Steed
Southeast Region Director
425 Dunmoreland Cir
Shreveport, LA 71106
318-347-0785
margieasteed@gmail.com

August, 2021

My oh my it's hot out there! June and July gave us false hope of an easy summer but August is hitting us like a ton of hot coals. I hope each of you are able to keep your cool!

In less than two months we will be heading to our 2021 ADDC Convention in New Orleans. The Registration Packet has been emailed but don't hesitate to ask for it again and again when you are ready to print, fill in and send! While some things are repeated through letters and email, this one is exceptionally valuable to repeat again in the event you haven't seen it. Our 2021 ADDC Convention to be held in New Orleans will be an Anniversary of the beginning of ADDC which got started in New Orleans 72 years ago! How cool is that?

Let's do it. Let's get together. Talk about the last year. Talk about the next year. What ideas do you have? What comments? This is a great venue to share.

I know the summer months are quiet for most clubs. It's a good time to take a break from the hustle of Region Meetings, work, school and schedules. Send me a quick email about your summer. One line or ten lines. Sharing keeps us connected.

Red River Club is working through not having our President, Missy Carroll front and center. In a panic to get to her son (he is alright with a little mishap), Missy fell down the stairs, broke bones in both feet and expects to have a few surgeries. She is a trooper but I don't doubt reality is harder than she lets on. If it were me, well, let's just say you would see my pain. AND she plans to attend Convention!!!

2021 ADDC Convention

Astor Crowne Plaza
739 Canal Street @ Bourbon Street
New Orleans, LA 70130

September 21, 2021 thru September 25, 2021

See you soon!
Margie Steed
2021 Southeast Region Director



Board of Directors

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WEST REGION

DIRECTOR

Heather Woods

Souder, Miller & Assoc.

Evelyn Green

2021 ADDC President

P.O. Box 17289

San Antonio, Texas 78217

Cell: 210-863-7437

Home: 210-695-8215

evelyn@gbcminerals.com

August 2021

Those “*Lazy Daisy Days of Summer*” are going to be coming to a close before long. It really does amaze me that this year has gone by so fast! And it has been such a crazy year with once again having the Regional Meetings being held virtually. I long for the time that we can all be together again - as September is just around the corner.

I wanted to again mention that the Registration Packet for the 2021 ADDC Convention and Education Conference, to be held at the Astor Crowne Plaza French Quarter in New Orleans, Louisiana September 21-25, 2021 was sent out by the Regional Directors

The Southeast Region Clubs are excited to host this year’s convention in New Orleans, Louisiana - **WHERE IT ALL BEGAN!** The Registration Fee is \$250 for each Member. You can also find the Registration Packet on the website under “Convention” and also under “ADDc News”.

Reminder - You can make your hotel reservations by following this link:

<https://book.passkey.com/e/50167145>.

All rooms are \$169 for a single, double, triple or quad. Be sure and make your reservations as soon as possible. Please remember that **any and all guidelines** set out by the State of Louisiana will be complied with throughout the Convention.

On another note, as of the end of July, our current membership stands at 738. Yes, we are below what we had at the end of 2020 – but we projected to have 815 in 2021. Some clubs have just gone back to in-person meetings, so it is possible that we can still increase our membership. Take the leap and ask someone to attend your meetings and learn what we are all about.

It won’t be long before we elect our 2022 ADDC Board of Directors. Also, soon clubs will be looking for members to step up and serve on your Club’s Board. Consider saying “**Yes**” when asked – each of you have so much to offer to YOUR Association. We cannot do it without each member participating.

As always, if you have any questions or need any additional information, please do not hesitate to contact me or any member of the Board.

Evelyn

“Start where you are. Use what you have. Do what you can.”

Arthur Ashe



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Evelyn Green
2021 ADDC President
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Home: 210-695-8215
evelyn@gbcminerals.com

July 20, 2021

RE: 2021 ADDC Convention
Clarification - Payment for Registration

Dear ADDC Members:

I wanted to **immediately** get this letter out to each of you regarding payment for Registration, seminars and/or field trips at Convention. There is some confusion as to the payment method that we are able to accept for your Registration for the Convention and any of the field trips and/or seminars. ADDC is **NOT** set up to accept credit cards for the payments.

You can certainly send a check for your fees directly to ADO – the address is on the Registration Forms.

If you wish to pay by credit card – you will **receive** an invoice from **PayPal** for the amount of your registration fees. You will follow the link that will come from PayPal and **you** will enter all of your credit card information. **Do not send your credit card information on the Registration Form.**

A **Revised Registration Form** is attached. See page 13 of the Form that has the information for submitting your Registration Fee for payment through PayPal.

We apologize for the confusion. If you have any questions, please feel free to contact me, Judi Adams or ADO.

Thank you and we look forward to seeing you all very soon.

Hugs,

Evelyn

Evelyn Green



Board of Directors

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GBC Minerals, Ltd

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Souder, Miller & Assoc.

Connie Bass
2021 ADDC Secretary
121 PR 1519
Bridgeport, TX 78428
Cell: 940-389-0110
ck.bass@hotmail.com

Date: July 19, 2021

To: Club Presidents

The 69th Annual International convention of the Association of Desk and Derrick Clubs will be held September 21st-25th, 2021.

Convention Theme: "Where It all Began"

Convention Headquarters: Astor Crown Plaza French Quarter
New Orleans, LA

Registration fee: \$250.00 US if postmarked by 8/2/2021
Late Registration fee: \$275.00 if postmarked after 8/2/2021

Registration Deadlines:
Early Registration : August 2, 2021 (postmarked)
Registration deadline: August 23, 2021 (postmarked)

For the Convention schedule, see the attached Tentative Agenda.

We all look forward to seeing you at Convention in New Orleans, LA.

Connie Bass
Connie Bass
2021 ADDC Secretary

REGISTRATION DEADLINE: Emailed or postmarked no later than Aug. 20, 2021 Late Registration: emailed or postmarked after Aug. 20, 2021

2021 ADDC Convention and Educational Conference		
Call to Convention and Tentative Schedule		
Date	Time	Activity
Tuesday	6:00 pm - 9:00 pm	Registration
September 21, 2021	6:00 pm - 10:00 pm	ADDC Educational Trust
Wednesday	6:30 am - 9:00 am	Hospitality/Registration
September 22, 2021	7:30 am - 8:30 am	Field Trips
	9:00 am - 4:00 pm	Certification - Accounting
	4:00 pm - 8:00 pm	Registration
	3:00 pm - 8:00 pm	Hospitality
	7:00 pm - 9:00 pm	President's Receptions ???
Thursday	6:30 am - 9:00 am	Hospitality/Registration
September 23, 2021	8:00 am - 6:00 pm	ADDC Board Meeting
	9:00 am - 10:30 am	Seminar #1
FREE NIGHT	10:45 am - 12:00 pm	Seminar #2
	1:00 pm - 2:30 pm	Seminar #3
Friday	6:30 am - 7:45 am	Hospitality/Registration
September 24, 2021	7:15 am - 7:45 am	Delegates/Alternates Registration
	8:00 am - 11:30 am	Opening Business Session
	10:00 am - 11:30 am	Energy Symposium
FREE NIGHT	12:00 pm - 2:00 pm	Industry Luncheon
	2:30 pm - 5 PM	Business Session
Saturday	6:30 am - 8:00 am	Hospitality
September 25, 2021	7:45 am - 8:15 am	Delegates/Alternates Registration
	8:30 am - 11:30 am	Business Session
	12:00 pm - 2:00 pm	Member Recognition Luncheon
	2:15 am - 4:00 pm	Business Session (if necessary)
	4:00 pm - 5:00 pm	ADDC Post-Convention Board Meeting
	6:30 pm - 9:30 pm	Banquet
	Immediately after banquet	ADDC Presidents' Reception
Sunday	7:00 am - 9:00 am	Hospitality
September 26, 2021		

Please refer to the convention package (on the ADDC website) for the times, locations and details pertaining to the field trips, seminars, club sales and photography schedules. The final Agenda and Program will be provided at Convention.

Connie Bass

2021 ADDC Secretary

Proposed Amendments in Summary – 2021 Rules Committee

Proposed Bylaws Amendment 1 – Article XII Section 1

Submitted by the Club Bylaws/Guidelines Review Committee: Separate the committee back to two; it's a heavy workload and committee requires chairman/co-chairman.

Amend to Read: The Standing Committees of the Association shall be the following: Club Bylaws Review, Education/Certification, Finance Review, Guidelines Review, Membership, Program, Public Relations, Rules, and Tax Exempt. Special committees may be created from time to time as deemed necessary by the Board of Directors.

Proposed Bylaws Amendment 2 – Article XIV Conventions Section 2

Submitted by Rules Committee: insert “a majority” for consistent voting requirements.

Amend to Read: In the event of an extreme emergency, the Board of Directors may suspend the holding of a convention, but a second convention may be suspended only by a majority vote of the clubs.

Proposed Bylaws Amendment 3 – Article XV Regional Structure

Submitted by ADDC Board and Rules Committee: add a section regarding suspending or holding virtual regional meeting.

Amend to Read: A regional meeting may be suspended or held virtually by a majority vote of the clubs in that region. Participation in a meeting pursuant to this provision constitutes presence in person at such meeting.

Proposed Bylaws Amendment 4 – Article XV Regional Structure

Proposed by Rules Committee: add a section giving options for email, mail, and fax voting.

Amend to Read: The regional director and delegates may transact business by email, mail, or facsimile transmission (fax). An affirmative vote must be cast by a majority of the delegates to constitute action of the voting body unless the item being voted on requires a two-thirds (2/3) vote. The vote shall be ratified at the next regional meeting.

Proposed Standing Rules Amendment 1 – Rule Number 5

Proposed by ADDC Board: change “shall” to “may” – based on definitions of the words. Gives ADDC President option of having a scrapbook.

Amend to Read: Each year a scrapbook may be compiled and presented to the President of the Association. Scrapbooks and other Desk and Derrick memorabilia may be donated at any time to the Scrapbook committee or to the Association Distribution Office to compile a history of the Association.

Proposed Standing Rules Amendment 2 – Rule Number 6

Proposed by Rules Committee: Reword 2nd sentence to clarify process to submit requests for approval through regional director

Amend to read: Use of the Association logo or insignia in advertising is encouraged and supported. When a Desk and Derrick ad is to be included in any publication or media other than a club bulletin, the club shall submit a request through the regional director for approval by the Immediate Past President. This will ensure that the logo or insignia is used appropriately.

Proposed Standing Rules Amendment 3 – Rule Number 7

Proposed by ADDC Board: Replace first sentence to change approval process to Immediate Past President.

Amend to Read: A club desiring to use any social media shall submit ADDC Form 51 SM to the regional director for approval by the Immediate Past President. The club must adhere to the guidelines as set out in the Club General Information Section, Article VII, Social Media Guidelines. Any violation of the guidelines will be referred to the Board and shall result in a written request to terminate the site. The club will be considered a “club not in good standing” until the site has been terminated.

Proposed Standing Rules Amendment 4 – Rule Number 9, Paragraph b.

Proposed by Rules Committee: Replace existing paragraph and replace to clarify process to submit approval requests through regional director.

Amend to Read: Clubs shall submit requests through the regional director for any club sales item and accompanying printed materials bearing the words “Desk and Derrick,” “D&D,” “Association of Desk and Derrick Clubs,” “ADDC,” and/or the trademark (insignia) for approval by the Immediate Past President.

Proposed Standing Rules Amendment 5 – Rule Number 9, Paragraph c. 2)

Submitted by ADDC Board and Rules Committee: Replace to clarify approval process through the regional director and change approval from ADDC Board to Immediate Past President.

Amend to Read: Clubs interested in selling any items outside of their home region must submit requests through the regional director for approval by the Immediate Past President.

Proposed Standing Rules Amendment 6 – Rule Number 10, Paragraph b.

Submitted by Rules Committee: change to provide consistent wording for approval through regional director.

Amend to Read: Clubs shall submit requests through the regional director for any such item (see 10 a.) and accompanying printed materials bearing the words “Desk and Derrick”, “D&D”, “Association of Desk and Derrick Clubs”, “ADDC”, and/or the trademark (insignia) for approval by the Immediate Past President.

Proposed Standing Rules Amendment 7 – Rule Number 12

Submitted by ADDC Board: replace with statement clarifying ADO attendance at convention and board meetings

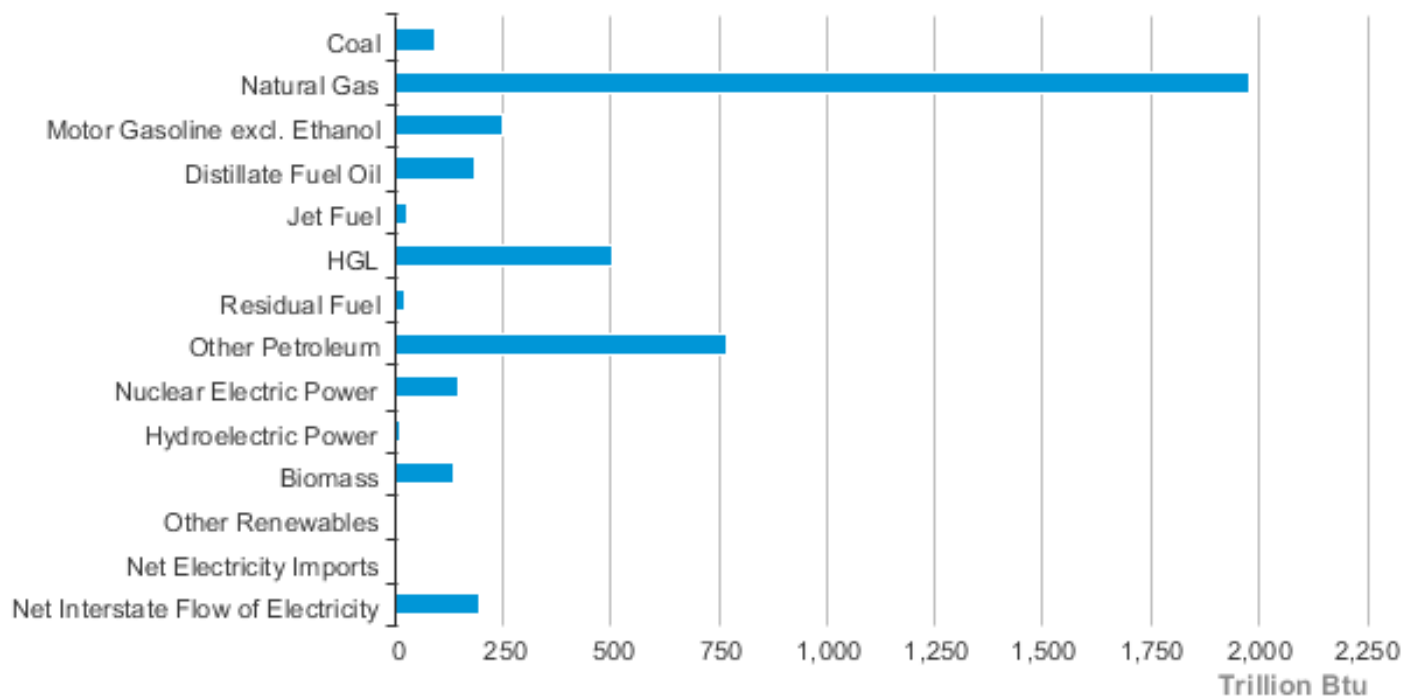
Amend to Read: At the discretion of the Board of Directors, a member of the Association Distribution Office may attend the annual convention and/or Association Board Meetings without voice or vote. If the financial status of the Operating Fund allows, approved expenses may be paid by the Association.

LOUISIANA STATE PROFILE AND ENERGY ESTIMATES

QUICK FACTS (SOURCE EIA.GOV)

- Louisiana is one of the top five states in both natural gas production and proved reserves. The state accounted for 9% of U.S. total marketed gas production in 2020 and has about 8% of the nation's gas reserves.
- Louisiana's 17 oil refineries account for nearly one-fifth of the nation's refining capacity and can process about 3.4 million barrels of crude oil per day.
- In 2020, Louisiana's two liquefied natural gas (LNG) export terminals shipped out about 55% of U.S. total LNG exports.
- Louisiana's total energy consumption and per capita energy consumption both rank among the top three states in the nation, largely because of its energy-intensive chemical, petroleum, and natural gas industries.
- Louisiana has the highest per capita residential sector electricity consumption in the nation. More than 6 in 10 Louisiana households rely on electric heating and almost all households have air conditioning.

Louisiana Energy Consumption Estimates, 2019



Source: Energy Information Administration, State Energy Data System

Louisiana History—Oil Industry


1909: A Year of Big Discoveries

The year 1909 was a special year for the oil and natural gas industries in Louisiana. The first oil refinery built near Baton Rouge went on line. This site was located where the Exxon refinery exists today. Presently, the Exxon site is one of the largest oil refineries in North America.

Also in 1909, a new type of drilling bit known as the Hughes rotary drilling bit was developed. This bit not only made drilling more efficient, it allowed [paleontologists](#) to collect and analyze the rock for [microfossils](#). These [microfossils](#) could serve as important index fossils for particular deposits perhaps denoting the presence of oil deposits.


And finally in 1909, construction of Louisiana's first long-distance oil pipeline was begun and by 1910 served to transport crude oil from Caddo Parish to the Baton Rouge refinery.

Source: www2.southeastern.edu/orgs/oilspill/history.html



The *OCS BBS* Website

For 24 years, we have offered comprehensive website for critical oil & gas information for the Gulf of Mexico. **Visit our website to signup for a phone demo today at www.ocsbbs.com.** Please call Charlie directly with questions at (504) 439-3164.



OWNER & OPERATOR REPORTS
Owner/Operator Report (Record Title, Operator & Operating Rights)

WELL, PLATFORM & PIPELINE REPORTS

1. Platform information report with details on the platform structure
2. Platform Decommission Reports
3. Track status and locations of wells
4. Daily Well Operations Report – Track current and future well operations scheduled to be performed daily for many operations like TA, PA, Initial Completions, Acidize, Casing Pressure Repair, Sidetrack/ByPass Change Zone and more.

GIS MAPPING SYSTEM – Easily view a map of your particular block(s) activity showing owners, operators, wells, platforms, pipelines, well directionals and more.

AND MUCH MORE!

Trivia Quiz – Oil and Gas Drilling 101

1. What is the term commonly used to refer to the act of deviating a well bore to head in the direction desired?

a) directional drilling b) deviated septum drilling c) miracle drilling d) advanced angle drilling

2. What is the name commonly given to the liquid used in drilling a well?

a) syrup b) mud c) hole milk d) black gold

3. What is the name commonly given to the oil company representative present while drilling is taking place?

a) the Tool Pusher b) the Head Well Digger c) the Company Man d) the Offshore Installation Manager

4. What is the name given to an offshore drilling rig?

a) Semi-submersible b) Jack-Up c) Drill Ship d) All are names for offshore drilling rigs

5. When oil is "struck", it usually produces a spout which reaches 150 feet or more above the surface of the ground.

True or False

6. What is the nickname given to the workers who work on a drilling rig drill floor?

a) Roughnecks b) Sparkies c) Chippies d) Bean counters

7. What type of formations are oil and gas usually found in, particularly in the Middle East?

a) sulfur b) basalt c) sand d) granite

8. What is the name given to the tall, main structure of a drilling rig?

a) the stand pipe b) the bridge c) the derrick d) the Jacob's ladder

9. It smells like rotten eggs, and one good whiff of it in high concentrations will kill you instantly. It is sometimes encountered in formations while drilling for oil.

a) Hydrogen Peroxide b) Hydrogen Sulfide c) Sodium Sulfide d) Boric Hydroxide

10. Which of these terms describes the situation when the pressure of an oil or gas well overcomes the hydrostatic pressure exerted on it by the drilling fluid while drilling?

a) wash out b) an outflow c) a spew out d) a kick

Answers: 1 – a; 2 – b; 3 – c; 4 – d; 5 – F; 6 – a; 7 – c; 8 – c; 9 – b; 10 – d

REAL SIMPLE

Cool and Crunchy Chicken Lettuce Wraps

These cool, Vietnamese-inspired chicken and rice noodle wraps are perfect for hot summer nights.

Hands-On: 25 mins

Total: 25 mins

Servings: 4



Greg DuPree

Ingredients

Vegetable or canola oil, for grill grates

¼ cup fresh lime juice (from 3 limes)

¼ cup fish sauce

3 cloves garlic, grated (2 tsp.)

2 tablespoons sambal oelek (ground fresh chili paste) or sriracha

1 tablespoon granulated sugar

2 pounds boneless, skinless chicken thighs

4 ounces rice vermicelli noodles (from an 8.8-oz. pkg.)

1 head green leaf lettuce or butter lettuce, leaves separated

shaved rainbow carrots and cucumber matchsticks, for serving

Directions

Step 1

Preheat grill or a grill pan to medium-high (450°F to 500°F) and lightly oil grates. Bring a large pot of water to a boil on stove.

Step 2

Whisk lime juice, fish sauce, garlic, sambal oelek, sugar, and ¼ cup water in a small bowl until sugar dissolves. Transfer ½ cup sauce to a medium bowl; reserve remaining sauce for serving. Add chicken to medium bowl and stir to coat. Let stand for 5 minutes.

Step 3

Meanwhile, cook noodles according to package directions. Drain and rinse under cold water; set aside.

Step 4

Place marinated chicken on grill grates; discard marinade. Grill chicken, covered, turning occasionally, until lightly charred and cooked through, about 8 minutes. Transfer to a cutting board and chop into bite-size pieces. Serve chicken with lettuce leaves, noodles, reserved sauce for dipping, carrots, and cucumber.

Nutrition Facts

Per Serving: 407 calories; fat 13g; cholesterol 208mg; sodium 1475mg; carbohydrates 27g; dietary fiber 1g; protein 44g; sugars 5g; saturated fat 4g.

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