

YAKISOBA

1 serving

INGREDIENTS

1/4 Green cabbage

1/4 Yellow onion (large) or 1/2 small

2 Green onion stems

1 Carrot

(Can use other vegetables too!)

1/4 lbs Chicken or preferred protein (Optional)

Salt & pepper

1 Serving package of yakisoba noodle
w/seasoning

Oil to cook chicken and noodles

INGREDIENTS FOR HOMEMADE YAKISOBA SAUCE

1/4 C Ketchup

4 Tsp Worcestershire sauce

1/2 Tsp Soy sauce or Tamari Sauce

1/2 Tsp Oyster sauce (can omit)

Mix the above ingredients. This is very flexible and can be altered to your own tastes. This should be enough to make one serving (which is one package of ramen or yakisoba noodles plus vegetables).

DIRECTIONS

Prepare the Chicken and Vegetables

Remove gristle or extra fat on chicken and slice thinly.

Clean and thinly slice cabbage and yellow onion into strips and place in a bowl or on a plate. If using carrots, peel and thinly slice on an angle, add to other ingredients. Green onions should be cut into 1 inch lengths and set aside separately.

Prepare Noodles

Bring a medium pot of water to a boil. Add 1 package of noodles. Gently stir with chopsticks. Turn off the stove and let the noodles continue to soften and separate. Once the noodles break apart nicely, drain in a colander and set aside.

Cook the Protein

Heat a deep sided pot with 1 Tbs oil and cook the chicken (or protein of choice) with some salt and pepper. And set aside.

Cook the Vegetables

Add more oil if necessary and stir-fry the crunchy vegetables first (cabbage, yellow onion, carrots); just before those are fully cooked, add the green onions. Complete the frying until desired doneness.

Finish Cooking and Seasoning

Add the cooked chicken and the drained noodles into the pot with the vegetables. Toss to mix the ingredients and then sprinkle the seasoning packet and continue mixing. Once thoroughly mixed. The dish is ready!

TIP: Too many veggies may weaken the flavor which can be a problem if using packaged yakisoba. You can make a small amount of sauce, but many times just adding a bit of worcestershire sauce can help.