

Chicken Yakisoba

Serves Four



Ingredients

For the Noodle:

- 1 (12-ounce) package soba noodles
- 4 quarts water

For the Vegetable Mix:

- ¼ cup canola oil, divided
- ½ teaspoon Kosher salt
- 1 onion, sliced thin
- 1 bunch asparagus, cut into quarters
- 1 cup carrots, cut into small pieces
- ½ cup snow peas
- 1 cup bean sprouts
- 2 cups green cabbage, shredded OR bok choy, sliced thin
- ½ cup scallions, thinly sliced
- Handful of fresh cilantro leaves, chopped

For the Chicken and Sauce:

- 1 tablespoon sesame oil
- 3 tablespoons Worcestershire sauce
- 1 tablespoon ketchup
- 2 tablespoons soy sauce
- 2 teaspoons oyster sauce
- 1 - 2 teaspoons sriracha (depending on your spice preference)
- 1 squeeze honey
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, minced
- 1 ½ pounds boneless, skinless chicken breast cut into cubes

Steps

1. In a medium-sized bowl combine the ingredients for the marinade (sesame oil, Worcestershire sauce, ketchup, soy sauce, oyster sauce, sriracha, honey, garlic and ginger). Whisk well. Add chicken and stir to coat. Cover bowl and refrigerate for at least 4 hours or up to one day.
2. Cook your soba noodles according to the directions on the package. Drain and set aside.
3. Heat a large skillet (or wok) over high heat. Add 2 tablespoons of canola oil to the hot pan/wok and begin sauteing the onions. Add salt. You want to cook the veggies on high heat so they stay crisp and do not steam. Keep moving the veggies around and when they start to turn slight brown remove them to a large bowl. Add another tablespoon canola oil and the asparagus, carrots, bean sprouts and snow peas next. Again stirring constantly over high heat until they start to brown. Remove to the bowl with the onions and add another tablespoon canola oil and saute the cabbage and bok choy last. Remove to the same bowl.
4. Wipe out the pan. Turn the heat to high and add the chicken pieces with all of the marinade/sauce. Stir constantly making sure you're not burning the sauce or chicken. Once chicken is cooked add in the cooked soba noodles stirring to coat the noodles in the sauce. Add the veggies back in stirring until combined. Top with the scallions and cilantro. Serve hot.