

Stir Fry Udon Noodles



This is a very simple recipe for making udon noodles, most of the time I cook udon noodles in soup, but this time decided to make a stir fry with it. I love the slightly chewy texture of udon. So yummie! By the time that I mixed all the ingredients together I had lots of noodles, which was great...could pack for lunch next day.

Ingredients:

$\frac{3}{4}$ ~1 lb chicken breast (or pork) cut in thin strips

3~4 garlic cloves finely chopped

1 tablespoon soy sauce

$\frac{1}{2}$ tablespoon cooking wine

$\frac{1}{2}$ tablespoon corn starch

Salt and pepper

1 tablespoon olive oil

2~4 green onion chopped
1 can baby corn drained
2 carrots shredded
1 small onion thinly cut
 $\frac{1}{4}$ cabbage finely cut
1 pack of mushrooms
5 dry shitake mushrooms, softened in hot water

2 individual packages of frozen udon noddles
1 tablespoon olive oil
1~1 $\frac{1}{2}$ tablespoon soy sauce

Method:

Mix all the 6 ingredients in the list and stir fry in the olive oil until the chicken is browned. Remove from the heat and set aside.

In the same pan stir fry the onions and place in the same bowl where you set the chicken strips. Sautee the shitake mushrooms and then add the cabbage, carrots, baby corn and the mushrooms. Add salt and pepper to taste.

In the meantime, boil water and cook the udon noddle according to the package instruction, drain and set aside.

Remove all the cabbage and place again together with the chicken strips. In the same pan, add olive oil and the drained udon noddles, stir gently and add the soy sauce.

Once the udon color is equally browned with soy sauce add all the other ingredients that were prepared, mix gently in low heat.

Remove and serve hot.

winter?

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