

Japanese Fried Noodles (Yakisoba)

Season: Winter

Type: Main

Serves: 36 tastings



From the garden: Broccoli, carrot & garlic

Equipment:	Ingredients:
<p>Large bowl x 1 Small bowl x 1 Fork x 1 Whisk x 1 Colander x 1 Large wok x 1 Spatula x 1 Chopping boards and knives Measuring spoons Measuring cups Serving bowl x 5 Kitchen tong x 5</p>	<p>2 packets noodles</p> <p>5 tablespoons canola oil 1 tablespoon sesame oil 4 cloves garlic (finely chopped) 1 chicken fillet (cut into <u>very</u> small cubes) Some salt & pepper</p> <p>2 carrots (skin-on, cut into thin sticks) 2 heads of broccoli (cut into small florets)</p> <p><i>Yakisoba sauce:</i> 1 tablespoon corn flour 4 tablespoons soy sauce 1 tablespoon oyster sauce 1 ½ tablespoons Worcestershire sauce ½ cup water</p>

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Soak noodles in a large bowl of boiling water from kettle for 3 minutes, using a fork to loosen the noodles half way through. Drain and set aside.
3. In a small bowl, mix together the Yakisoba sauce. Set aside.
4. Heat oil in a wok over medium-high heat, add garlic, chicken and some salt and pepper, stir fry until chicken is cooked, about 3 minutes.
5. Add in carrot and broccoli, stir fry until broccoli is cooked, about 2 minutes.
6. Add in noodles and yakisoba sauce, stir fry for 2 minutes, tossing to coat the noodles in the sauce.
7. Serve into 5 large serving bowls with a kitchen tong in each.