

MARLEY SPOON



Japanese Yaki Udon



20-30min



2 Portions

“Yaki” which means to “pan-fry” or “grill” and “udon” the name of a classic Japanese noodle, combine here to create a wonderful dish that can be found in noodle shops all over Japan. The key is not to overcook the noodles when boiling so they don’t break up once they are in the wok.

What we send

- sesame seed mix ¹¹
- ginger, 1 garlic clove, 1 spring onion
- udon noodles ¹
- mirin
- yakisoba sauce ^{1,6,14}
- free-range chicken breast fillet
- broccoli
- red capsicum
- onion

What you'll require

- olive oil
- salt and pepper
- soy sauce ⁶

Utensils

- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Soy (6), Sesame (11), Mollusc (14). May contain traces of other allergens.

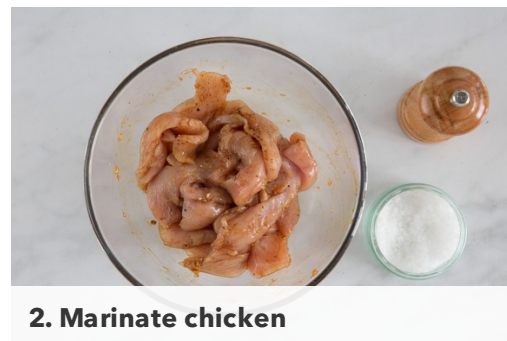
Nutrition per serving

Energy 725.0kcal, Fat 20.1g, Proteins 57.2g, Carbs 74.5g



1. Prepare ingredients

Bring a medium saucepan of water to the boil for the noodles. Finely chop the **garlic**. Peel and finely grate the **ginger**. Thinly slice the **onion**. Discard **capsicum** seeds and membranes and coarsely chop. Cut **broccoli** into bite-size florets. Thinly slice the **spring onion**. Slice the **chicken** into thin strips.



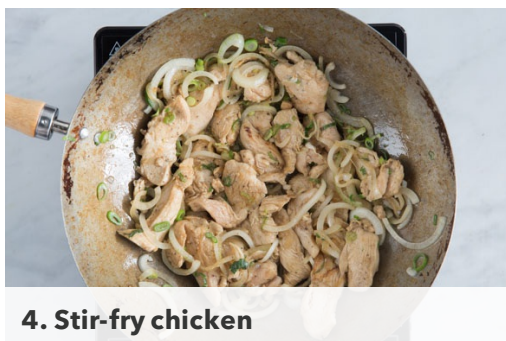
2. Marinate chicken

Whisk 2 tbs **soy sauce, mirin, yakisoba sauce, garlic** and **ginger** in a small bowl. In a separate bowl, season **chicken** with **salt and pepper**. Add 1 tbs **sauce mixture** to the chicken and toss to coat.



3. Cook noodles

Add 2 bundles of **noodles** (reserve remaining bundle for another use) to the pan of boiling water and cook for 10 mins. Drain the noodles.



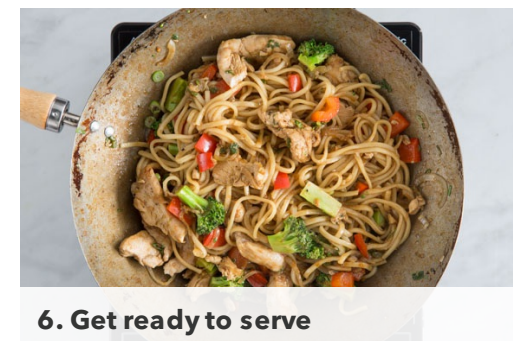
4. Stir-fry chicken

Meanwhile, heat 2 tbs **oil** in a wok or large deep frypan pan over medium-high heat. Stir-fry the **chicken, onion** and most of the **spring onion** for 3 mins or until chicken is no longer pink on the outside and the onion has softened.



5. Stir-fry noodles

Add the **capsicum, broccoli** and remaining **sauce mixture** and cook for 2 mins or until broccoli is bright green.



6. Get ready to serve

Add the **cooked noodles** to the wok and carefully stir all ingredients together. Season with extra **salt and pepper** if needed. Divide the noodles between two bowls and garnish with remaining **spring onion** and 1 tsp **sesame seeds**.