

# Yakisoba or fried noodles with chicken

COOKING  
LOVERS TESA



## Consejo del chef

A trick to cut the spring onion is to fold the stem and cut from that, so you can chopped properly.

## Raciones para 1

Sesame oil

1 Red pepper

100 gr Grated carrot

1 Spring onion

500 gr Boneless chicken thighs

1/4 Red cabbage

180 gr Yakisoba noodles

2 Teaspoons of sugar

100 ml Soy sauce

2 Tablespoons of oyster sauce

2 Tablespoons of tomato sauce

4 Tablespoons of  
Worcestershire sauce

The green part of a spring onion

Roasted sesame seeds

- 1 For the sauce: combine all the ingredients in a bowl and set aside.
- 2 Dice the chicken and stir fry in a wok over high heat with sesame oil until golden brown. Set aside.
- 3 Cut all the vegetables into strips and stir fry in the same wok with less of sesame oil. First, the pepper with the spring onion and carrot; last, the red cabbage.
- 4 Add the chicken and the previous sauce and bring all to a boil. Put the noodles and cook as indicated on the package. If needed, add some more water to cook.
- 5 Serve and decorate with the green part of the spring onion and some roasted sesame seeds.

# Chef's Notes

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<https://cookinglovers.teka.com/en/receta/yakisoba-o-tallarines-fritos-con-pollo/>

