



Serves: 4

# Chicken Yakiudon

## Ingredients

- Udon noodles 2 packs
- Chinese cabbage, shredded 50g
- Red chilli, shredded 1
- Bean sprouts 30g
- Cloves garlic, minced 2
- Chicken breast, skinless, sliced thinly 1
- Eggs 2
- Corn oil 4 tsp
- Light soya sauce 1 tsp
- Sweet soy sauce 2 tbsp
- Sesame oil 1 tsp
- Salt & pepper, to taste

### Tips:

- Heat oil till hot before stir-frying. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
- Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
- Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

## Method

- Blanch the udon in hot water for 1 minute and immediately soak in cold water. Set aside and drain before cooking.
- Heat the corn oil in a wok till hot. Add the garlic and shredded chicken breast. Fry till light golden brown.
- Break the eggs into the wok. Stir quickly to scramble. Lower the heat and fry chinese cabbage, bean sprouts and red chilli for 1-2 minutes.
- Add the udon, light soya sauce, sweet soy sauce, sesame oil and salt and pepper to taste.
- Stir evenly and fry for 2-3 minutes till the udon is soft.
- Serve immediately.

### Nutrition Information (Per Serving):

Energy 304kcal  
Carbohydrate 35g  
Protein 19g  
Total fat 9.5g  
Saturated fat 1.6g  
Cholesterol 140mg  
Dietary Fibre 0.33g  
Sodium 490mg