

Recipe: Oishi Soba!

Dig into this delicious union of brown soba noodles, cubed chicken and sea weed seasoned with teriyaki sauce.

Preparation time: 30 minutes

Cooking time: 20 minutes

Serves 12 children

Ingredients

- 450 g Brown Soba, dried*
- 30g of low sodium light soy sauce*
- 4½ teaspoon sesame oil
- 600 g chicken breast, skinless, boneless, cubed
- 30g teriyaki sauce
- 150g Japanese cucumber, shredded
- 90g black sesame seed
- 3 sheet seaweeds, unseasoned, cut into squares
- 250g carrot, shredded and blanched



* Choose products with the Healthier Choice Symbol

Methods

1. Cook soba noodles according to package direction.
2. Toss the cooked soba noodles with soy sauce and sesame oil.
3. Marinate chicken with teriyaki sauce for 10 minutes.
4. Pan-fry the chicken until it is fully cooked and set aside.
5. Assemble the noodles on the bottom the bowl and followed by chicken, topped with shredded cucumber, sesame seeds, seaweed pieces and blanched carrots.

Tip:

- A topping of shredded cucumber is added to give this dish a refreshing taste.
- You can use precooked brown soba (chilled) instead of the dry brown soba sticks, which are just as flavorful.
- For a wholegrain soba, go for the brown variety.

Nutrition Information

(Per serving): 130 g

Energy 226.6 kcal

Protein 14.3 g

Total fat 6.1 g

Saturated fat 1.0 g

Carbohydrates 30.8 g

Dietary fibre 1.8 g

Sodium 489.9 mg

Cost Per Serving: \$ 1.50