KIKKOMAN

Teriyaki wok noodles

Total time **20 mins** **5 mins** preparation time **12 mins** cooking time

INGREDIENTS

10 portion(s)

For the wok noodles:

850 g	broccoli, cut into florets
450 g	mie noodles
100 ml	sunflower oil
15 g	garlic cloves, finely chopped
350 g	carrots, cut into strips
290 g	red onions, cut into wedges
460 g	red peppers, cut into strips
50	baby corncobs, from a jar
600 ml	Kikkoman Wok Sauce - Teriyaki

For serving:

50 g	spring onions, finely sliced
5 g	coriander, roughly torn
20	lemon wedges
20 g	chilli pepper, thinly sliced
100 ml	Kikkoman Wok Sauce - Teriyaki

PREPARATION

Step 1

Cook the broccoli in salted water for 2 to 3 minutes. Then plunge briefly in cold water.

Step 2

Cook the noodles for 2 minutes and rinse briefly.

Step 3

Heat the oil in a wok, frying pan or tilting roasting pan over a medium heat (tilting pan approx. 140 °C). Add the garlic, carrots and onions and sauté for 2 minutes, stirring, until the onions start to brown.

Step 4

Add the broccoli, red pepper and baby corncobs and fry for a further 3 minutes until the vegetables are cooked through but still firm to the bite.

Step 5

Add the noodles and Kikkoman Wok Sauce - Teriyaki and stir over a medium heat for approx. 3 minutes until everything is well combined.

Step 6

Serve the noodles with the spring onions, coriander, chilli peppers, a little Kikkoman Wok Sauce - Teriyaki and two lemon wedges per serving.