

Japanese-style Fried Noodles

Total time **30 mins** preparation time

Nutritional facts (per portion):

1564 kJ / 373 kcal

INGREDIENTS

4 portion(s)

40 ml chicken stock

7 tbsp Kikkoman Stir-fry Sauce

sheets of norichicken breast

1 tbsp Kikkoman Naturally Brewed Soy Sauce

120 g king prawns

60 g shiitake mushrooms100 g pointed cabbage

80 g carrots

spring onionsdry tagliatelleomlvegetable oil

2 drops of sesame oil

Fat: **10.7** g Protein: **22.3** g

Carbohydrates: 46.5 g

PREPARATION

Step 1

Mix together the chicken stock and the Stir-fry sauce in a bowl. Cut the nori sheets into 5 cm long, fine strips. Cut the chicken into thin slices and season with naturally brewed soy sauce. Cut the prawns into bite-sized pieces. Cut the shitake mushrooms into thin slices. Cut the pointed cabbage into approx. 2 x 4 cm sized pieces. Halve the carrots and cut diagonally into 2-3 mm thin slices. Also cut the spring onions diagonally into 5 mm slices.

Step 2

Cook the noodles according to the pack instructions (but don't add salt). Drain the noodles. Heat up the vegetable oil in a wok and fry the chicken, prawns and vegetables, adding them one after another. Add the cooked noodles and continue frying. Then add the Stir-fry sauce and sesame oil mixture and swivel the wok to mix everything thoroughly. Arrange the fried noodles on plates and sprinkle with nori strips.