KIKKOMAN

Japanese-style Fried Noodles

Total time **30 mins** **30 mins** preparation time

Nutritional facts (per portion):
1,564 kJ / 373 kcal

Fat: **10.7 g** Protein: **22.3 g**
Carbohydrates: **46.5 g**

INGREDIENTS

4 portion(s)

40 ml	chicken stock
7 tbsp	Kikkoman Stir-fry Sauce
2	sheets of nori
160 g	chicken breast
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
120 g	king prawns
60 g	shiitake mushrooms
100 g	pointed cabbage
80 g	carrots
2	spring onions
200 g	dry tagliatelle
30 ml	vegetable oil
2	drops of sesame oil

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.