

Chicken Yakisoba

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-yakisoba-recipes>

Ingredients:

- 2 tablespoons soy sauce
- 2 tablespoons worcestershire sauce
- 2 tablespoons ketchup
- 2 tablespoons light brown sugar packed
- 1 tablespoon oyster sauce
- 1/2 teaspoon sesame oil
- 1 pound chicken breasts sliced into bite size strips
- Yakisoba noodles 2, 5.9 oz. pks. refrigerated, seasoning packets discarded*
- 2 pinches salt then more to taste
- 1/2 cup green onions chopped, white and light portions only
- 1 1/2 tablespoons garlic Gourmet Garden Chunky, Stir-In Paste
- 1 tablespoon ginger Gourmet Garden, Stir-In Paste
- 2 tablespoons vegetable oil
- 1 red bell pepper cored and sliced into 2-inch fairly thin strips
- 5 ounces button mushrooms sliced
- 3 cups green cabbage shredded
- 1 cup matchstick carrots
- 2/3 cup sliced green onions strip, green portion only
- 1/2 cup peanuts chopped, and sriracha to taste, for serving, optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 75 milligrams
4. Fat: 20 grams
5. Fiber: 5 grams
6. Protein: 32 grams
7. SaturatedFat: 3 grams
8. Sodium: 1060 milligrams

9. Sugar: 14 grams

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